



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

Volume 11, Issue 12

Page 2: Resident Birthdays

Page 3: Residents' Council

Page 4: Dining News

Page 5: Spiritual Care News

Page 6: Program for Active
Living

Page 7: Village Outings

Page 10: Village Life

Page 17: Schlegel Villages
Connections

Page 19: Monthly Movies

Page 20: Village Team
Directory



DECEMBER 2023



Photo: The "Arbour Express" in our Village of Lights display by the back pond, December 2022.





Birthday Party

Happy Hour

Saturday, December 16
at 3:15 p.m.

in the Main Floor Café



A Message From Residents' Council

Hello Fellow Residents,

Well, my friends, what can I say about the November weather? As I write this on November 27th, the month has been quite cool and wet, with no snow in sight yet. However, we may see a bit during the next few days. I'm sure that we can all remember a green Christmas in southern Ontario, although there has been only very few. Many of us, if given the choice, would ask for snow on December 24th followed by a major thaw on January 2nd. However, as we live today, we must acknowledge that winter weather doesn't impact us very much.

Surprise?? Surprise!?? COVID-19 in one of its many variations has returned. However, since most of us have had our multiple vaccinations in anticipation of its return, I hope that any resident who has tested "positive" will experience minor symptoms only. Its presence has again disrupted our daily routine in terms of its impact on the dining room and recreational activities. If we follow the Public Health guidelines relating to mask wearing and hand hygiene, perhaps we can prevent its spread and minimize its impact on our upcoming holiday season.

We have certainly had difficulty holding a Council meeting over the past two months. The October meeting was cancelled because the speaker on Cyber Security had a health problem and it was COVID-19 that resulted in cancellation of the November meeting. I hope that the new year will provide an opportunity to hold the Cyber Security session. However, with fingers crossed, we are planning a meeting for December 19th. Since the holiday season is approaching, that meeting will be one of musical entertainment only provided by our Recreation Team Leader, Katie Lammert, and her father, Brian. I'm sure that it will set the stage nicely for upcoming holiday festivities.

With December comes the holiday season and the opportunity to spend time celebrating with family and friends. We all know that the loss of friends and fellow residents over the past twelve months means that there are many families that will be celebrating for the first time without that senior present. While that will somewhat dampen their celebration, I'm sure that they will express deep appreciation for the many years that their loved one was given.

I wish now for you a very Merry Christmas or a Happy Hanukkah and a Happy New Year.

Harold Quinn, 477
hwquinn30@gmail.com



Dining News



Event	Date	Time	Location
Food Committee Meeting	Thursday, December 7	2:30 p.m.	The Library
Christmas Eve Dinner	Sunday, December 24	Your usual meal seating	The Dining Room
Christmas Day Lunch	Monday, December 25	Your usual meal seating	The Dining Room
Christmas Day Dinner	Monday, December 25	Your usual meal seating	The Dining Room
Ask a Food Event	Due to unforeseen circumstances, this event is being rescheduled.	TBD	TBD

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.



Holiday Menu

Christmas Eve Dinner

Roasted Trout with Garlic Lemon Butter Sauce
Served with Roasted Potatoes and Dill and
Caper Roasted Beans

Festive Chocolate Tuxedo Cake

Christmas Day Lunch

Creamy Pumpkin Soup

Turkey and Cranberry Sandwich on Multigrain

Citrus Pecan Quinoa Salad

Shortbread Cookies

Christmas Day Dinner

Roast Turkey with Creamy Garlic Mashed
Potatoes, Stuffing, Roasted Vegetables

Or

Baked Ham Creamy Garlic Mashed
Potatoes, Stuffing, Roasted Vegetables

Warm Sticky Toffee Pudding with
Vanilla Ice Cream



In Memoriam

Margaret Coffin
Jacobus Cornelisse
Gordon Hazelwood
Alice Linden
Jean Taylor
Alfred “Ken” Wyllie
Roy Yorke

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:

- **December 3 — Salvation Sounds Special Christmas Service at 2:30 p.m. in the Town Hall (led by Rev Beverleigh Broughton) *Please note time change**
- December 10 — led by Chaplain Alvin Carreon
- December 17 — led by Chaplain Alvin Carreon
- December 24 — Christmas Eve Service led by Rev Dr. Barbara Sykes
- December 31 — New Year's Service led by Marguerite Davies

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

- December 4, 11, 18 and 25 (Christmas Day)

Men's Conversation Connection — Wednesday, December 13 and 27 at 10:30 a.m. in the Chapel

Film of Faith — “The Greatest Story Ever Told” on Tuesday, December 5 at 10:00 a.m. in Town Hall

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

- December 7, 14, 21 and 28

For the Soul:

- Thursday, December 7 at 3:30 p.m. on Emma's
- Thursday, December 21 at 3:30 p.m. on Egerton

Conversation Cafe — Thursday, December 28 at 2:45 p.m. in the Jack Purcell Lounge

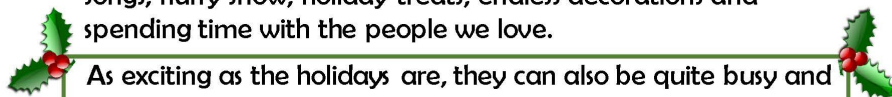


Our in memoriam is located
outside of the chapel and is
updated on a regular basis.



Happy December Arbour Trails!

Happy holidays Arbour Trails! We have made it to the most wonderful time of the year. December is an exciting month for countless reasons! 'Tis the season for twinkling lights, joyous songs, fluffy snow, holiday treats, endless decorations and spending time with the people we love.



As exciting as the holidays are, they can also be quite busy and overwhelming! Here are some quick tips for staying safe and injury free this holiday season!

- Take your time if you are decorating and ensure your decorations don't become a tripping hazard
- Avoid standing on chairs and stools to reach high places
- Avoid lifting heavy objects overhead – ask for help!
- Remember to use your mobility aid (cane, walker etc.) even if visiting friends & family
- Take your time and wear appropriate footwear if walking outdoors – beware of snow and ice
- Make time for some physical activity – walking or exercise
- Remember to take some time to rest & relax – don't overdo it!
- It is OK to not feel merry during the holidays - reach out to your loved ones & Arbour Trails team, we are all here for you!

The PAL Team wishes everybody a happy & healthy holiday season!



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)

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: 519-827-5571
Email: justcalllynda@gmail.com

Guelph Public Library Bookmobile



Wednesday,
December 13
from 3:00—4:00 p.m.

**Outside the Arbour Trails
Front Entrance**

Village Outings



Williamsburg & Becker:
Lunch at Eggcetra Restaurant

Wednesday, December 6

Departure: 11:15 a.m. at the Main Entrance

Ailsa Craig:

Tour of the Basilica of Our Lady Immaculate

Friday, December 15

Departure: 1:40 p.m. at the Ailsa Craig Front Entrance

Ailsa Craig:

Lunch at Bread Bar

Monday, December 18

Departure: 12:00 p.m. at the Ailsa Craig Front Entrance

Christmas Light Tours



Emma's:

Christmas Lights Tour to Audrey Meadows

Tuesday, December 12

Departure: 6:30 p.m. at the Main Entrance

Ailsa Craig:

Christmas Lights Tour to Audrey Meadows

Tuesday, December 19

Departure: 6:15 p.m. at the Main Entrance

Egerton

Christmas Lights Tour to Audrey Meadows

Wednesday, December 20

Departure: 6:15 p.m. at the Main Entrance

Williamsburg & Becker:

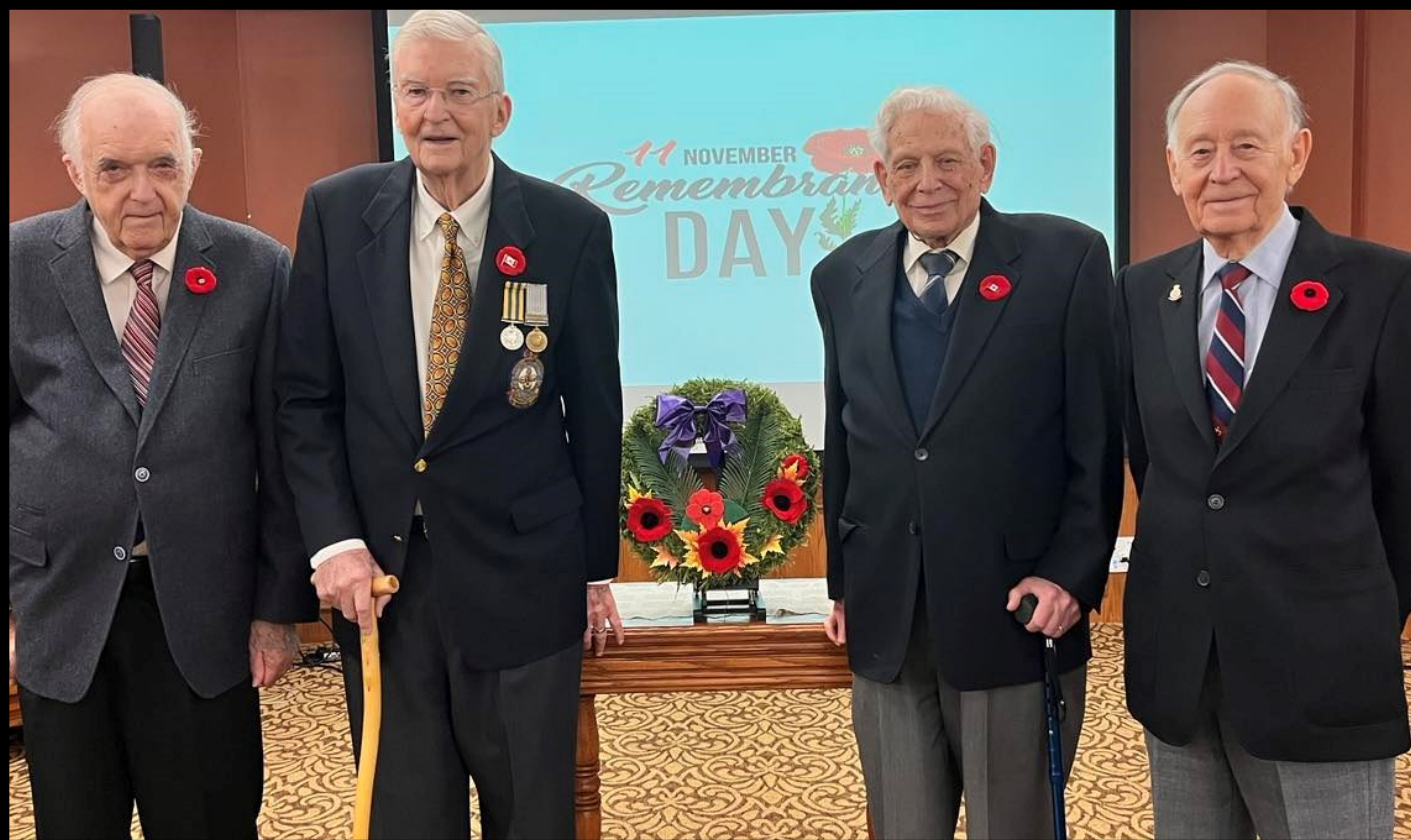
Christmas Lights Tour to Audrey Meadows

Thursday, December 21

Departure: 6:15 p.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.

Remembrance Day *The Veterans of Arbour Trails*



With endless
appreciation, we
thank them for their
service.



December Entertainment

**Musical Storytelling with
Brad Woods & Friends**
Saturday, December 2
at 2:30 p.m. in Town Hall

Kevin Coates
Monday, December 4
at 2:30 p.m. in Town Square

Royal City Ukulele Ensemble
Tuesday, December 5
at 7:30 p.m. in Town Square

The Village Band Christmas Concert
Monday, December 11
at 2:30 p.m. in Town Hall

Grace Cowley
Friday, December 15
at 2:30 p.m. in Town Hall

The Village Singers
Sunday, December 17
at 7:30 p.m. in Town Hall

**Residents' Council Presents:
Holiday Songs with
Katie & Brian Lammert**
Tuesday, December 19
at 2:30 p.m. in Town Hall

Pianist "Paul Schalm"
Thursday, December 21
at 2:30 p.m. in Town Square

New Year's Eve with Martin Wall
Sunday, December 31
at 7:30 p.m. in Town Square



Vendors in December

Fly Away Books
Friday, December 1
from 10-2 in Town Square

Cameron Card Creations
Tuesday, December 5
from 10:30—2 in Town Square

Stars of Modern Fashion
Wednesday, December 6
from 10-2 in Town Square

Poinsettia Sale
Thursday, December 7
From 10-12 in Town Square

The Boutique
Wednesday, December 13
From 10-2 in Town Square

Cathy's Gifts & Jewelry
Saturday, December 16
From 10-2 in Town Square

Exquisite Fashion Boutique
Monday, December 18
from 10-2 in the Hobby Shop

Bijoux Boutique
Tuesday, December 19
from 10-2 in Town Square



Village Life December Happenings

NEIGHBOURHOOD

Christmas Parties

Ailsa Craig

Tuesday, December 12
from 2:00 p.m. - 4:00 p.m. in the Town Hall

Emma's

Thursday, December 14
at 2:00 p.m. in the Emma's Lounge

Egerton

Friday, December 15
at 2:00 p.m. in the Emma's Lounge

Williamsburg & Becker

Wednesday, December 20
at 2:30 p.m. in the Main Floor Café

Poinsettia Sale

Thursday, December 7
from 10:00 a.m. - 12:00 p.m.
in Town Square

Village of Lights

Wednesday, December 13
from 6:30 p.m. - 8:30 p.m.
by the back pond



Join us for music, hot beverages and our magical festive light display!

CELEBRATE National Christmas Sweater Day

Friday, December 15

Add some colour
to the village by
wearing your
favourite festive
sweater or vest!

Village Life *December Happenings*



Residents' Council Meeting

Tuesday, December 19
at 2:30 p.m. in Town Hall

Featuring Festive Musical
Entertainment by:

Father Daughter Duo
Katie & Brian
Lammert



First Day of Winter Social

Thursday, December 21
at 3:00 p.m. in Town Square

Featuring Musical
Entertainment by:

Pianist
"Paul Schalm"



Christmas Day

Carol Café

Monday, December 25

Join us for Christmas
carols, hot chocolate, and
festive treats

See your neighbourhood
calendar for time and location



New Year's Eve in the Square

Sunday, December 31
at 7:30 p.m.
in Town Square

Please join us as we ring in the
New Year with champagne,
sweet treats and live music
with pianist:

"Martin Wall"



Village Life *December Happenings*



Saturday, December 9

from 10:00 a.m. - 3:00 p.m.
in Town Hall and Mainstreet



Embrace the holiday spirit at our rescheduled Annual Christmas Market!

We are keeping this event small for everyone's safety amid the ongoing COVID-19 outbreak. The event is exclusively for residents, their friends and family, and team members of the Village of Arbour Trails.

- **Curated Shopping:** Explore festive finds from local vendors.
- **Raffle Prizes:** Win delightful gifts in our special holiday raffle.
- **Sweet Treats:** Indulge in holiday delights and warm beverages.

Let's celebrate safely and make this Christmas special together!

***If we are still in an outbreak, the market may
not be able to proceed.**

Village Life



Best wishes for a
joyful holiday season
and a happy New Year

• • • • •

A Message From Pat Sorbara, President of the VBARA Executive Committee

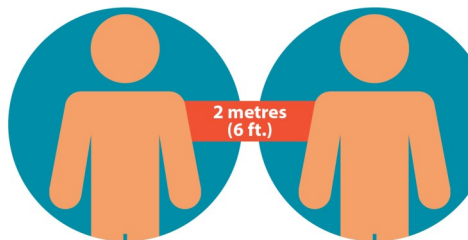
On behalf of the Village by the Arboretum Residents' Association, we wish all residents and our VBARA members all the best for a wonderful Christmas season and a new year filled with good health, peace and happiness.



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

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



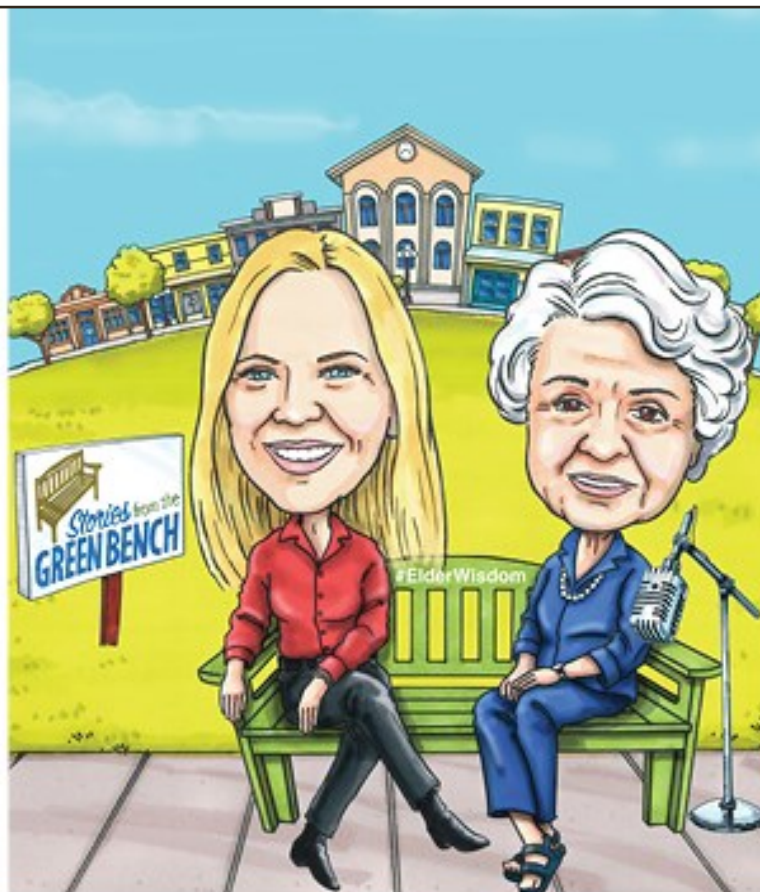
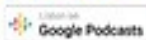
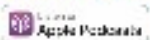


Stories from the GREEN BENCH Podcast

Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

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.



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 labelling. Failure to label these items may increase the risk of them becoming misplaced.

Schlegel Villages – CONNECTIONS



Seasons Greetings

As the calendar turns to December and winter winds begin to blow, our thoughts turn to the holiday season and we reflect on a year that has flown by.

As an organization, we were thrilled to see some new changes in our community of Villages in 2023; this spring, for example, we saw the small family of team members and residents from Waterloo's Pinehaven Nursing Home move to their new long-term care neighbourhoods in the redeveloped Village of Winston Park in Kitchener.



We also welcomed the first residents to our newest retirement expansion at The Village of Glendale Crossing this fall, and we're thrilled to have so many wonderful new team members there to add to our growing family. There were so many great and wonderful events and occasions in between – too many to capture here.



With 18 Villages spread out across Ontario and more to come, we are a growing family, indeed. We have people who work and live with us that come from all corners of the globe and this holiday season, we reflect on the many beautiful traditions we have come know thanks to the wonderful diversity we enjoy in our Villages every day. We revelled in the light of Diwali celebrations in November and we look forward to Hannukah beginning in the early part of December this year, leading towards Christmas and Kwanzaa.



No matter how our residents, families, team members and community partners celebrate, we wish for every blessing of the season upon us all, and we look forward to a beautiful New Year!



Let's stay healthy this holiday season

There are several ways to protect yourself and others from respiratory viruses.

We are encouraging everyone to stay up to date with their vaccines. They are an important way to boost your immunity and prevent severe illness from flu, COVID-19, and Respiratory Syncytial Viruses (RSV).

Helpful tips



Get vaccinated



Clean and disinfect surfaces and shared items



Wear a mask



Optimize indoor air quality



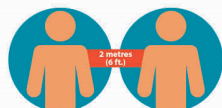
Wash or sanitize your hands often



Stay at home when you are sick



Cover your mouth when you cough or sneeze



Physical distance when possible

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**

December 4th – “Carousel” (1956)

Fifteen years after his death, a carousel barker is granted permission to return to Earth for one day to make amends to his widow and their daughter.

2h 08m

**Cast: Gordon MacRae, Shirley Jones,
Cameron Mitchell**

December 11th – “Never Cry Wolf” (1983)

A government researcher, sent to research the “menace” of wolves in the north, learns about the true beneficial and positive nature of the species.

1h 45m

Cast: Charles Martin, Brian Dennehy

December 18th – “GiGi” (1958)

Weary of the conventions of Parisian society, a rich playboy and a youthful courtesan-in-training enjoy a platonic friendship which may not stay platonic for long.

1h 55m

Cast: Leslie Caron, Maurice Chevalier, Louis Jourdan

December 25th – “A Christmas Carol” (1951)

Ebenezer Scrooge, a curmudgeonly, miserly businessman, has no time for sentimentality and largely views Christmas as a waste of time.

However, this Christmas Eve he will be visited by three spirits who will show him the error of his ways.

1h 26m

Cast: Alastair Sim, Jack Warner

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

**December 1st – “The World’s Fastest
Indian” (2005)**

The story of New Zealander Burt Munro, who spent years rebuilding a 1920 Indian motorcycle, which helped him set the land speed world record at Utah’s Bonneville Salt Flats in 1967.

2h 7m

Cast: Anthony Hopkins, Diane Ladd

December 15th – “Pillow Talk” (1959)

An interior decorator and a playboy songwriter share a telephone party line and size each other up.

1h 42m

Cast: Rock Hudson, Doris Day, Tony Randall

December 22nd – “Holiday Inn” (1942)

At an inn which is open only on holidays, a crooner and a hooper vie for the affections of a beautiful up-and-coming performer.

1h 40m

Cast: Bing Crosby, Fred Astaire, Marjorie Reynolds

December 29th – “It’s a Wonderful Life” (1946)

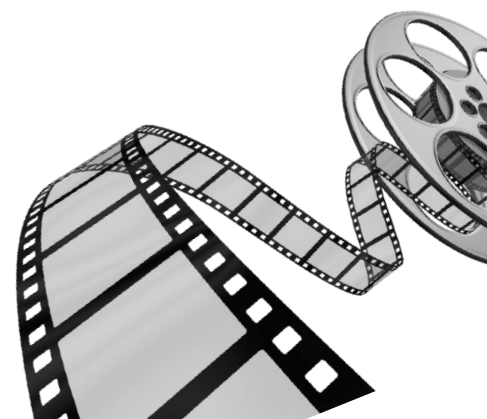
An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

1h 25m

Cast: Gary Cooper, Grace Kelly, Thomas Mitchell

NEW! Documentary Series

Wednesday mornings at 10:15 a.m. in Town Hall
Featuring David Attenborough’s
“Seven Worlds, One Planet” Series



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		843	519-840-1500