



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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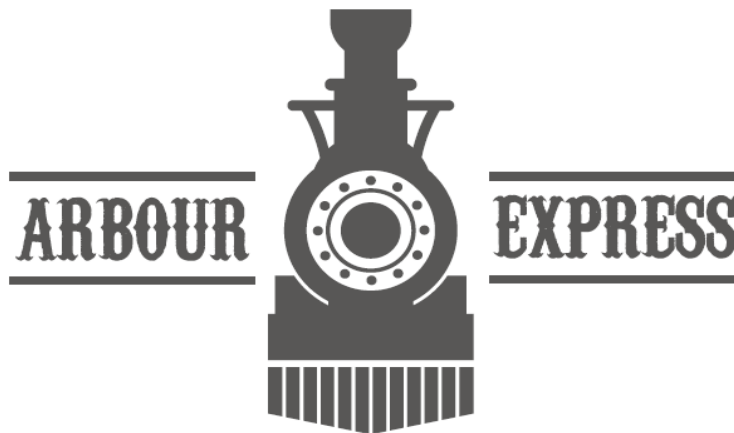
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FEBRUARY 2024



Photo: Resident submission of "winter in the Arboretum."





Neighbourhood Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!



*Let's
Celebrate*



A Message From Residents' Council



Greetings fellow residents,

We are well into 2024. It has been pretty cold, but there hasn't been much snow. While the lack of snow may disappoint children, it's a relief for those responsible for shoveling.

First and foremost, I'd like to express my gratitude to Harold Quinn for his dedicated work for the Residents' Council in 2023. I will strive to do my best, knowing that following in Harold's footsteps is no easy task.

It is with great sadness to say John Parker passed away on January 21st. He will be greatly missed by the Residents' Council. He was a very special man.

Recreation has been busy putting away Christmas. It was lovely while it lasted, but we now look forward to celebrating Valentine's Day and Easter. Keep an eye out for special treats from Food Services on these occasions.

I would like to commend Pauline for her well-received presentation, which enlightened us about the various neighborhoods and introduced their respective leaders. Thanks to Pauline and her team leaders for their informative presentation.

Next month, Shannon Holmes has agreed to do a presentation regarding food services. This should be very interesting to us all, especially new residents. When we send out the notice for this meeting, you will find an attached questionnaire. Please take the time to fill it out and return it to the office. This will help us better understand any concerns you may have.

Have a good month, enjoying whatever life may bring your way.

Marilyn Wax 171,
marilynwax@aol.com



A Message From The VBA



Winter has arrived right alongside 2024. It makes me grateful to live in a community where no matter the weather, efforts are made to create opportunities to gather and spend time talking about our lives, sharing memories and participating in activities.

As part of the commitment to reach out more and gather input from residents, in the next few months we will schedule a Town Hall that will take place at Arbour Trails. The focus will be on issues specific to residents of Arbour Trails and Ailsa Craig. Look for more details soon.

In the meantime, don't hesitate to reach out if you have any questions about the VBARA (Village by the Arboretum Residents' Association). We're here to help in any way we can. On behalf of the VBARA Executive, please accept our best wishes for a 2024 filled with good health and many blessings.

Pat Sorbara
President of VBARA

Upcoming Events

(For more information, see the Tree Talk Newsletter)

Saturday, Feb 3 from 7:00 - 9:00 p.m.
Quiz Night at Reid Hall. \$10.00 per person, 4 people per team.

Saturday, Feb 10 from 7:00 - 9:00 p.m.
Underground Music featuring The Sellouts in the Rehearsal Hall, lower level.

Sunday, Feb 11 at 3:00 p.m.
Pro Musica presents: Love Notes, featuring a soprano, baritone and piano accompanist. \$20 in advance, \$25 at the door.

Tuesday, Feb 13 at 2:00 p.m.
First Aid Session in the Rehearsal Hall, lower level.

Saturday, Feb 17 from 2:00 - 4:00 p.m.
Happy Hour in the Lounge. BYOB and an appetizer to share.

Saturday, Feb 24 from 7:00 - 10:00 p.m.
Backstage Boys concert in Reid Hall.

Monday, Feb 26 from 10:00 - 11:30 a.m.
Connection VBA Ladies Social Club in the Card Room.

No village transportation available at this time.

Dining News



Event	Date	Time	Location
Food Committee Meeting	Thursday, February 8	2:30 p.m.	The Library
Valentine's Day Dinner	Wednesday, February 14	Your usual meal seating	The Dining Room

Dining Room Reservation Info:

We understand the importance of sharing meals together and we encourage family and guests to join their loved ones for a meal in the village. In order to accommodate everyone, we kindly request a 24-hour notice to ensure that a table can be set up for you and your loved one.

To make a reservation, please contact our reservation number at (519) 836-2464.
Our friendly staff will be happy to assist you in scheduling your visit.

For any room bookings that require catering, set up, or tear down services, we kindly request a minimum of 7 days' notice to ensure that we can meet all your needs.



To book a room and arrange for these services, you can speak with our Administrative Assistant, Marika, in the Main Office or contact our reservation line. Our Dietary team will connect with you to discuss our services and confirm any bookings.

We appreciate your understanding and cooperation in providing us with adequate notice for your visit or any special requirements you may have.

To maintain the availability of our china and smallwares for all residents, we kindly request that any items borrowed from the kitchen or dining area be regularly returned.

Please see the outlined items on the next page



Dining News



Coffee Mug



Soup Bowl



Bread Plate



Water Glass



Teardrop Wine Glass

We also kindly ask that if you have any cutlery or brown napkins to please return them to the dining room.

As part of our ongoing efforts to provide a high-quality dining experience, we are pleased to announce that we will be transitioning to china mugs in our café. These mugs will enhance your enjoyment of coffee, tea, hot beverages, and café snacks. To ensure that these items are available for all residents and guests, we kindly request that the china mugs remain in the cafe area. We encourage you to savor your beverages and snacks in the warm and inviting café atmosphere.

Thank you,

Your Hospitality Team



Program For Active Living

PAL Corner!



Happy February Arbour Trails!

Happy February Arbour Trails! February is famously known as the month of LOVE. This month we celebrate our love for the people who have impacted our lives – our family, our friends, our neighbors, our spouses and partners, our colleagues, our teammates and many more! The relationships we form with others truly enrich our lives and are a beautiful aspect of human life!

February is also National Heart Month! Heart and cardiovascular health are topics of increasing importance when it comes to aging and senior living. Cardiovascular fitness refers to how well the heart, lungs and blood vessels can work together to distribute oxygen through our blood to the rest of the body! Benefits of improving cardiovascular fitness include improved blood pressure, cholesterol levels, brain function and improved quality of life!



Exercise & Cardiovascular Health

- Dr. Aaron Baggish of Harvard University states that exercise is the best method of slowing the hearts aging process
- 150 minutes of moderate aerobic exercise per week is recommended for optimal heart health
- Exercise could include a brisk walk, an exercise class, pedaling on the NuStep machine, drum fit, dancing and more! – anything to increase your heart rate

Please see PAL Coordinators Megan & Miranda for more information on exercise opportunities throughout the Village 😊

Play Heart Month bingo! (see next page for the bingo sheet).

Complete a line of 5 consecutive activities by the end of the month for a prize! If you would like assistance with any of the activities, don't hesitate to ask Megan or Miranda! Call them at extension 808 or see them in the main building 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

11:00 — 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

11:00 — 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!

HEART HEALTH BINGO

Pedal 1000 steps on NuStep	Pedal 200 steps on NuStep	Complete 50 steps marching in place	Complete a morning stretch	Hydrate! – Drink a glass of water
Swim in the pool at the VBA Center	Attend an exercise class	Complete 10 assisted wall push ups	Complete 10 sit-to-stand exercises	Try a new activity
Complete an evening stretch	List 10 things you are grateful for		Pedal 500 steps on NuStep	Eat a healthy snack
Dance at Happy Hour in the cafe	Pedal 2000 steps on NuStep	Complete 10 minutes of mindful breathing	Go for a walk with a friend	Attend Chair Yoga Thursday morning
Attend Stretch Class on Tuesday	Walk for 15 minutes on the treadmill	Walk 2 laps indoors around the building	Dance at Happy Hour in the cafe	List 5 things you are looking forward to

In Memoriam

Jean King
John Parker

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

Dublin Street United Church Communion Service —
Friday, February 2 at 10:30 a.m. in the Chapel
(led by Rev. Emmy)

Chapel Services — Sundays at 3:00 p.m. in the Chapel:

- February 4 — led by Marguerite Davies
- February 11 — led by Chaplain Alvin
- February 18 — led by Chaplain Alvin
- February 25 — Anglican Communion Chapel led by Rev Dr. Barbara Sykes

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

- February 5, 12, 19 and 26

Men's Conversation Connection — led by Wayne Hong and Dave Peterson

- Wednesday, February 14 and 28 at 10:30 a.m. in the Chapel

Film of Faith — Tuesday, February 27 at 2:30 p.m. in Town Hall Featuring: "The Letter Writer" (86 mins)

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

- February 1, 8, 15, 22 and 29

For the Soul

- Thursday, February 1 at 3:30 p.m. on in the Emma's Lounge
- Thursday, February 15 at 3:30 p.m. in the Egerton Lounge

Conversation Café

- Thursday, February 22 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.

Village Outings



Independent Shopping Shuttle

Drop-off/Pick-up locations:

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

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

Please join us in welcoming Chris Weileder to the village as our new bus driver!

The February Shopping Shuttle Schedule

Every Thursday at:

- 10:00 a.m. — Front Entrance
10:05 a.m. — Ailsa Craig Front Entrance
2:00 p.m. — Front Entrance
2:05 p.m. — Ailsa Craig Main Entrance

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,
February 14 & 28
from 3:00—4:00 p.m.

**Outside the Arbour Trails
Front Entrance**

Village Outings



Emma's:
Country Drive

Wednesday, February 7
Departure: 10:15 a.m. at the front entrance

Ailsa Craig:
The Fat Duck Restaurant

Wednesday, February 7
Departure: 12:00 p.m. at the Ailsa Craig front entrance

Williamsburg & Becker:
York Road Kitchen Restaurant

Friday, February 9
Departure: 12:00 p.m. at the front entrance

Ailsa Craig:
Jack's Family Restaurant

Wednesday, February 21
Departure: 10:30 a.m. at the Ailsa Craig front entrance

Egerton:
Country Drive

Friday, February 23
Departure: 10:30 a.m. at the front entrance

Williamsburg, Becker & Ailsa Craig:
Guelph Museum Tour: Guelph Black Heritage Society (Downtown Guelph) & The Art Gallery of Guelph (University of Guelph)

Friday, February 23
Departure: 1:00 p.m. at the Front 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.

Village Life *Last Month in Photos*



Alzheimer's Awareness Month Coffee Break Fundraiser



We raised \$277 for the Alzheimer Society of Waterloo Wellington! Thank-you to everyone who came and showed their support!



Middle: Cheers to high tea & a joyful game of parachute.

Bottom: Celebrating the music and poetry of Robert Burns & a special performance of traditional highland dancing!



The Ailsa Craig BCTW Hiking Group Celebrates a Year of Hiking Together!

Congratulations BCTW participants. If you attended all of our walks this year you travelled 85 km over some very interesting terrain, full of geological mysteries as well as different flora and fauna. We did 26 hikes this year, of which 3 were a new variant - the destination hike (Erin, Rockwood, Fletcher Creek). Total distance was 85 km. Our shortest stroll was the "Arboretum Trillium Walk," the longest was the Speed River Trail North and the most difficult was Starkey Hill (well done to those who survived!). Our first hike was in April along the Speed River and the last hike was our Christmas lights tour of the VBA. You all deserve a pat on the back for your accomplishments! Here are a few pictures to remind you of your Happy Trails (Gene Autry or Roy Rogers?).



**BCTW Hiking
Group**



Village Life



Village Life



Village Life

LIVE Entertainment

Pianist “Paul Schalm”

Tuesday, February 6
at 2:30 p.m. in Town Square

Kevin Coates

Monday, February 12
at 2:30 p.m. in Town Square

The VBA’s

“Lady & the Gramps”

Thursday, February 29
at 2:30 p.m. in Town Hall



Vendors

Cameron Card Creations

Tuesday, February 6
from 10:30—2
in Town Square

Suzanne M Jewelry

Friday, February 9
from 11-2
in Town Square

Earnest Floral Flower Arrangements

Tuesday, February 13
from 10-12
in Town Square

CREATIONS (formerly
“Exquisite Fashion Boutique”)
Friday, February 23
From 10-3
in the Hobby Shop

Happy Hour!

**Featuring LIVE music with Arbour Trails
resident “Bill Parker”**

Wednesdays at 3:00 p.m.
in the Main Floor Café

(see daily boards for updates or changes)



Village Life *February Happenings*

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK **HISTORY MONTH**

Within our Villages we have residents and team members who continue to represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

See our display on Mainstreet throughout the month!

PLEASE JOIN US TO CELEBRATE THE

CHINESE NEW YEAR

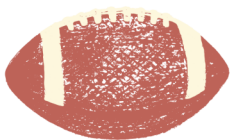


**SATURDAY,
FEBRUARY 10**

See your
neighbourhood
calendar for
program details

SUPERBOWL SUNDAY PRE-PARTY

Sunday, February 11
at 3:30 p.m.
in the Main Floor Café &
Social Club



**Dress in your
favourite Jersey!**

SHROVE TUESDAY

Join us for our
Annual Pancake
Flipping Contests!



Tuesday, February 13

See your Recreation Calendar for
the time and location

Prizes available!

Village Life *February Happenings*

Valentine's Day Flower Arrangement Sale

Tuesday, February 13th
from 10-12
in Town Square

With returning
florist
"Earnest Floral"

Cash or
e-transfer
ONLY



A "Day in Paris" Valentine's Day Social

**Wednesday,
February 14th**

at 3:00 p.m.
in the Egerton &
Main Floor Cafés



Join us for a Parisian-
themed social with
refreshments, live
entertainment and a
photo booth to celebrate
a day of love!

Family Day Café



Monday, February 19
at 3:00 p.m.
in the Main Floor Café

Check out our Family Day
"Guess Who" display from
February 15 to 19

WEAR PINK FOR PINK SHIRT DAY

Wednesday, February 28

Anti-Bullying Day (or Pink Shirt Day) is
an annual event, held in Canada and
other parts of the world, where people
wear a pink-coloured shirt to stand
against bullying.

KINDNESS
IS ONE SIZE
Fits All

lift each other up

Village Life

The Neighbours' Club



As the world returns to normal, Schlegel Villages reaffirms its commitment to community building. In 2024, Arbour Trails introduces the Neighbours' Club, uniting those who've invested in living at Arbour Trails one day. We encourage them to engage in daily village life through events like coffee meetups or exercise classes. Neighbours' Club Members wear badges, making it easy for you to greet your future neighbors. Questions about the club? Ask in the Welcome Centre located on Mainstreet.

Nick Chambers

Director of Lifestyle Options
226-251-3065 x 825

**For the next few weeks, the Arbour Trails Team
will be fundraising for
"The Coldest Night of the Year"**



it's cold out there
feb. 24, 2024
#cnoy24

You'd look great on our team!

We ask you to consider joining our team, "The Village of Arbour Trails Sole Mates," and walk with us on **Saturday, February 24 on a course around Arbour Trails.**

The Coldest Night of the Year is a walk that raises money for folks in our community who need our help. Some of them hungry, more than a few hurting and regrettably, some who are homeless too. Adults, moms and kids, seniors and youth as well.

CNOY is a lot of fun and so valuable - would you join us?

To sign-up to walk, please add your name to the sign-up sheet located outside the Hobby Shop. If you would prefer to donate and not participate in the walk, then please add your name to the pledge form also located outside of The Hobby Shop

Please let us know if you have any questions.

Arbour Trails Marketing Team
Wendy, Nick and Jenny

Village Life



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

ATTENTION RESIDENTS & FAMILY MEMBERS

If you are paying for laundry services and have purchased new clothing for yourself or loved one, 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.



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



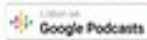
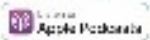


Stories from the GREEN BENCH Podcast

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,

The VBA
Landscaping Team

Elder Wisdom Reflection of the Month:

What lessons about love and relationships have you learned for a lasting connection with others?

WISDOM
of the
ELDER



VALENTINE'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Admire
Amorous
Arrow
Bouquet
Bow
Candy
Cards

Caress
Chocolate
Cupid
Embrace
February
Flowers
Friend

Goodness
Happy
Kiss
Love
Roses
Sweetheart
Valentine

Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK HISTORY MONTH

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.



Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, 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**

February 5th — “Mash the Movie” (1970)

The staff of a Korean War field hospital use humor and high jinks to keep their sanity in the face of the horror of war.

1h 56m

Cast: Donald Sutherland, Elliott Gould

February 12th – “When Harry Met Sally” (1989)

Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship.

1h 35m

Cast: Billy Crystal, Meg Ryan, Carrie Fisher

February 19th – “The King and I” (1956)

A widow accepts a job as a live-in governess to the King of Siam's children.

2h 13m

Cast: Yul Brynner, Deborah Kerr

February 26th – “Leap Year” (2010)

Anna Brady plans to travel to Dublin, Ireland to propose to her boyfriend Jeremy on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

1h 40m

Cast: Amy Adams, Matthew Goode

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

February 2nd – “Mrs. Harris Goes to Paris” (2022)

A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own.

1h 55m

Cast: Lesley Manville, Isabelle Huppert

February 9th – “Elvis” (2022)

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

2h 39m

Cast: Tom Hanks, Austin Butler

February 16th – “King Richard” (2021)

A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams.

2h 24m

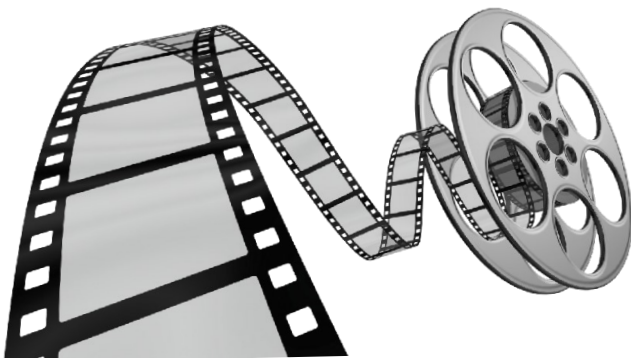
Cast: Will Smith, Aunjanue Ellis-Taylor

February 23rd – “80 For Brady” (2023)

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

1h 38m

Cast: Lily Tomlin, Jane Fonda, Rita Moreno



Brought to you by
the Arbour Trails
Movie Crew



**New members
are welcome!**

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

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

February 1st – “Groundhog Day” (1993)

A narcissistic, self-centered weatherman finds himself in a time loop on Groundhog Day.

1h 41m

Cast: Bill Murray, Andie MacDowell, Chris Elliot

February 8th – “My Left Foot” (1989)

Christy Brown, born with cerebral palsy, learns to paint and write with his only controllable limb— his left foot

1h 43m

Cast: Daniel Day-Lewis, Brenda Fricker, Alison Whelan

February 15th – “Love Story” (1970)

A boy and girl from different backgrounds fall in love regardless of their upbringing—and then tragedy strikes.

1h 40m

Cast: Ali MacGraw, Ryan O’Neal, John Marley

February 22nd – “Shall We Dance” (2004)

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful Instructor, signs up for ballroom dancing lessons.

1h 46m

Cast: Richard Gere, Jennifer Lopez, Susan Sarandon

February 29th— “The Butler” (2013)

As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement Vietnam, and other major events affect this man’s life, family and American society.

2h 12m,

Cast: Forest Whitaker, Oprah Winfrey, John

NEW! Wednesday T.V. Show for Black History Month.

**Playing Wednesday afternoons at
2:30 p.m. in Town Hall**

**Self Made: Inspired by the Life of
Madam C.J Walker (2020)**

The inspiring story of trailblazing African American entrepreneur Madam C.J. Walker who built a haircare empire that made her America’s first female self-made millionaire.

45m

Cast: Octavia Spencer, Tiffany Haddish, Carmen Ejogo



Arbour Trails Team Directory

Lead Nurse		505	Can be reached at this extension
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	Ailsa Craig Lobby	895	Can be reached at this extension
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Maintenance	For maintenance requests contact 887, 888, or 889		
Dining Room Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500