



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.



JULY 2024

226-251-3065

32 Bayberry Drive,
Guelph, ON, N1G 0C9

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

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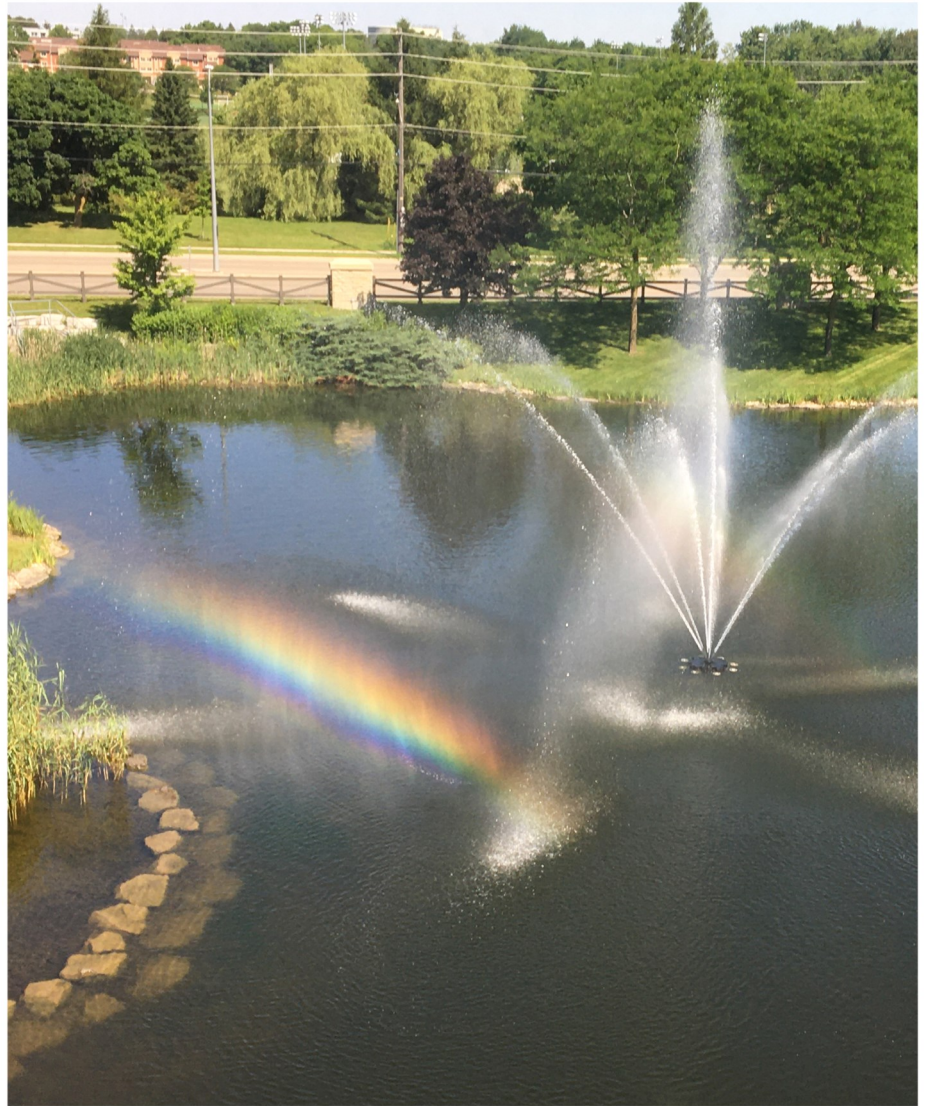


Photo: A rainbow over the pond. Submitted by a resident of Arbour Trails.





Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*

A Message From Residents' Council



Greetings!

Can you believe it is already July? Time is flying by, which means we are getting older too, doesn't it? The large fountain is now flowing and residents appreciate this, as it was out of order for a long time. It is so pretty, especially when it waves in the breeze.

Father's Day was celebrated with a real Dad's lunch of burgers, sausage and salad followed by delicious chocolate cake. It was enjoyed by all, even the moms.

It is strawberry season and the Recreation Team put on a strawberry social with fresh strawberries and shortcake in the Café—it was too hot for outdoors. The strawberries are at their prime and we're already looking forward to next year.

A lot of new folks have moved in. Have you made them feel welcomed? A special hello and a smile make such a difference. Remember how it felt when you first came to Arbour Trails and didn't know anyone?

The flowers around the building are really thriving and being enjoyed by all. The summer heat (although early) certainly helps, along with the showers. Are you not happy about the help in watering? It is still early in the season, so we can look forward to enjoying them for quite a while. My tomato plant has lots of tomatoes as well. No picking, please!

Last of all, Harold Quinn and I, as representatives of the Residents' Council, were invited to join the annual staff party held at the Delta Hotel on June 21. What a pleasure that was! The food was delicious; Harold even asked Shannon if she had asked for the recipe. It was so nice to see everyone in their party clothes, dancing, and receiving awards and door prizes. Jamie Schlegel was there to add his words to the occasion, along with all the leaders. It was such a grand event and will be remembered for a long time. A big thank you to those who made this possible.

Enjoy your summer,

Marilyn Wax
President of
Residents' Council

NEW RESIDENTS—Would you like to join the VBARA?

Village by the Arboretum Residents Association

former residents renewal

Or

Become a new member!

Receive the monthly newsletter "Tree Talk," participate in over 100 activities available and much more.

Contact me at suite #171 or 519-837-3076 if you would like to learn more about VBARA!

A Message From The VBARA

Hello,

The VBARA AGM held on May 29 was well attended both by those who joined us in Reid Hall and those who watched on-line. I'm happy to advise that I am remaining as VBARA president for another year.

As a VBA resident, you are eligible to be a member of the VBARA. I hope you will renew (or join) the VBARA by paying a membership fee of \$30. Being a member gives you access to the many activities hosted by activity groups, input into decisions and the Tree Talk monthly newsletter. It also says you believe in the well-being of the VBA and all who live here. You will receive an invoice in July with the details around how to make payment.

I'm happy to report that at the June meeting of the VBARA Executive, the podium deck was given the name, "The Courtyard". This change was a result of a request from the Ailsa Craig gardening group who work so hard to beautify the area.

A shout out to Arbour Trails resident, Cathy Lemon, on her outstanding effort at the recent Ontario Spring Special Olympics held in Waterloo Region, winning 3 gold and 1 bronze medal in the pool. Congratulations from all of the VBA!

Your input is always welcome so please reach out if you have concerns or if I can be of any assistance to you. I look forward to seeing everyone out and about over the summer.

All the best,

Pat Sorbara

President of VBARA (Village by the Arboretum Residents' Association)



Ailsa Craig resident, Rita Monroe (left) and Pat Sorbara (right) in "the courtyard." Photo by Ailsa Craig Resident, Lyn McLeod.

CANADA DAY
At the VBA



JULY 1
FROM 12:30-4:30

See posters in the elevators and on mainstreet for more details!

Dining News



Event	Date	Time	Location
Canada Day Dinner	Monday, July 1	Your Usual Dinner Seating	The Dining Room
Food Committee Meeting	Thursday, July 4	2:30 p.m.	The Library

Sign-up for a Tour of the Kitchen!

The Hospitality Team will be running kitchen tours in July. Please contact Komaldeep if you are interested in joining one at ext. 834. He will be in touch to confirm your date and time.

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.**

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





Program For Active Living PAL Corner!

Happy July Arbour Trails!

Olympics season is here and that means it's time for another Schlegel Villages Olympics! On July 30th, The Village of Glendale Crossing will be hosting the first in-person Schlegel Olympics in six years. During the week of July 15-19, we will hold qualifying preliminary rounds for each event to determine who will compete in the main competition on July 30th.

The events are as follows:

Day 1 - Parallel Bars Balance

Day 2 - Nustep Sprint

Day 3 - Soccer

Day 4 - Olympic Shooting

Day 5 - Canoe Slalom Wheelchair Race

See the next page for more information about each event. No need to sign up, please come out and give each event a try. Megan and Miranda are always around if you'd like to practice the events before July 15th.



Please feel free to reach out to PAL Coordinators
Megan & Miranda with any questions!

Fitness Classes at a Glance

(see calendar for changes)

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:

Fitness with Mahik

10:30 — 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!

Schlegel Village Olympic Event Descriptions

EVENT #1: Parallel Bars Routine

This event combines balance and strength skills with presentation and showmanship! Athletes must complete a series of skills using the parallel bars while demonstrating dance and creativity. Athletes can have 1 coach with them during their routine and are encouraged to utilize music and costumes for presentation!



EVENT #2: NuStep Sprint

This event tests speed, stamina and strength! Two Athletes will go head-to-head in a 90 second sprint on the NuStep machine set at level 3. Start pedaling and take as many steps as you can before the 90 seconds run out!



EVENT #3: Soccer

This event is all about teamwork, coordination and accuracy. In teams of 2, residents will work together passing and shooting a soccer ball to try and get as many goals as possible! Athletes will be seated for the event and ties will be determined by a skill shooting contest.



EVENT #4: Target Shooting

This event is all about hand-eye coordination and accuracy! Athletes will use foam bullet nerf guns to shoot at targets located 10ft, 15ft and 20ft in front of them. Aim for the bullseye and try to get as many points as you can in 3 shot attempts!



EVENT #5: Wheelchair Canoe Slalom

This event combines speed, agility and wheelchair maneuvering abilities! Athletes must maneuver themselves in their wheelchair through a series of obstacles. Athletes can use their arms, legs or both to propel themselves forward and achieve the fastest time!



In Memoriam

Lola Jobst
Margaret
“Kay” Dow
Ridia Bender

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

Chaplain Info

Beverleigh Broughton:

Phone: (226) 251-3065 Ext. 845
Email: beverleigh.broughton@schlegelvillages.com

Philip Gearing:

Phone: (226) 251-3065 Ext. 845
Email: philip.gearing@schlegelvillages.com

Chapel Service—Sundays at 3:00 p.m.

- July 7
- July 14
- July 21
- July 28—Led by Rev. Dr. Barbara Sykes

Catholic Communion—Mondays at 10:30 a.m. in the Chapel

- July 1/8/15/22/29 (led by Betty Rowsell)

Praying the Rosary

- Tuesday, July 2 at 3:00 p.m. in the Chapel (led by Luisa McMaster)

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

- July 4/11/18/25 (led by Chaplain Beverleigh)

Men’s Conversation Connection—Wednesdays at 10:30 a.m. in the Chapel

- July 10 & 24 (led by Chaplain Philip)

Film of Faith

- Tuesday, July 9 at 2:30 p.m. in Town Hall —“A Beautiful Day in the Neighbourhood” (100 minutes)

For the Soul (Emma’s)—Thursdays at 2:30 p.m.

- July 4 (led by Chaplain Beverleigh)
- July 11 & 25 (led by Marguerite Davies)

For the Soul (Egerton)

- Wednesday, July 17 at 2:30 p.m. (led by Chaplain Philip)

Conversation Café (JPL—Ailsa Craig)

- Thursday, July 25 at 2:30 p.m.

We are excited to be officially introducing a second chaplaincy role into the village. Please join us in welcoming Philip Gearing to the Arbour Trails team!

Shopping Shuttle & General Store



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 Robert Urschel to the village as our new bus driver!

The July Shopping Shuttle Schedule

Every Thursday at:

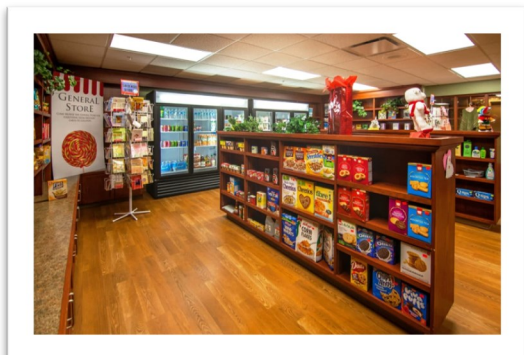
- 10:00 a.m. — Front Entrance
- 10:05 a.m. — Ailsa Craig Front Entrance
- 2:00 p.m. — Front Entrance
- 2:05 p.m. — Ailsa Craig Main Entrance

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

Do you have reusable bags that you are looking to get rid of?

Drop your bags off in the General Store (during its open hours) and they will be donated to the Guelph Food Bank!

Other Accessible Community Transportation Services:



Just Call Lynda
Phone: 519-827-5571
Email: justcalllynda@gmail.com



VON Canada
Phone: 1-888-506-6353

Village Life *Last Month in Photos*



Top: Strawberry Socials!
Middle: Father's Day "Dad's & Donuts" Social and Pride Day bingo outing to Riverside Glen.
Bottom: The Butterfly Conservatory outing and our #ElderWisdom event at the GPL for Senior's Month.



LIVE Entertainment

Katie Lammert & John Yeremian Perform Canadian Classics

Monday, July 1
at 7:30 p.m. on the Back Patio

Kevin Coates

Monday, July 8
at 7:30 p.m. on the Back Patio

Grace Cowley

Friday, July 12
at 2:30 p.m. in Town Hall

Les Picard

Monday, July 15
at 7:30 p.m. on the Back Patio

The Piano Tuners

Monday, July 22
at 7:30 p.m. on the Back Patio

Aidan Purnell

Monday, July 29
at 7:30 p.m. on the Back Patio



Vendors

Cameron Card Creations

Tuesday, July 2
from 10:30—2 in Town Square

The Clothing Chick

Wednesday, July 3
from 11-3 in the Hobby Shop

Suzanne M Jewelry

Friday, July 5
from 11-2 in Town Square

Creations Boutique

Friday, July 19
from 10-2 in the Hobby Shop

Earnest Floral Arrangements

Wednesday, July 31
from 12:30-2:30 in Town Square



Happy Hour!



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

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

(see daily boards for updates or chang-

Village Life July Happenings

Celebrating Summer PATIO PARTIES



Live music - Drinks - Fun

**Mondays
at 7:30 p.m.**

**on the Back
Patio
by the pond**

JULY FOOD TRUCKS

July 3 - Born2Eat
(Baos & Thai Food)

July 10 - Pierogi Pigs
(Gourmet Pierogis)

July 17 - Berlin 95
(Authentic German Street Food)

July 24 - Los Rolling Tacos
(Mexican Food)

July 31 - Krankie Frankie
(Classic Pub Food)



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

BARB'S PRODUCE



(formerly Thee Corn Stand)

Every Thursday

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

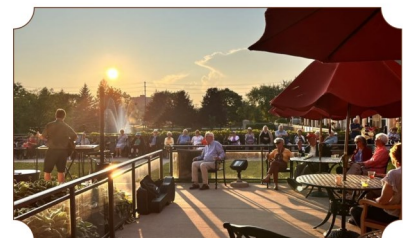
Outside the Village of Arbour
Trails Main Entrance



32 Bayberry Drive, Guelph ON
@TheVillageofArbourTrails
www.barbs.ca

CANADA DAY PATIO PARTY

Monday, July 1st
at 7:30 p.m.
on the Back Patio



Join us for
refreshments
and LIVE
music

**Canadian Classics
with "Katie
Lammert & John
Yeremian"**

Village Life *July Happenings*

ICE CREAM DAY

Beat the heat with a
tasty treat!

Sunday, July 21st

International Self-Care Day

Take Time for Yourself

Wednesday, July 24th

See your
neighbourhood
calendar for program
details

Village-Wide Outings

Spring Ridge Farm

Milton, ON
Wednesday, July 10
Departure: 10:00 a.m.

Café Creperie Restaurant

Elora, ON
Monday, July 15
Departure: 11:00 a.m.

Belgian Nursery

Breslau, ON
Wednesday, July 17
Departure: 10:30 a.m.

Royal Botanical Gardens

Hamilton, ON
Wednesday, July 24
Departure: 9:30 a.m.

**See your calendar for other
neighbourhood-specific outings!**
Must sign-up outside the Hobby
Shop or Ailsa Craig Main Floor.

Do you Have Suggestions for Outings?
Join the Outings Committee!
Next meeting: Thursday, July 11 at 2:30 p.m. in
the Hobby Shop.

Village Life



September 29, 2024



Registration begins 10:30 am • Brunch begins at 11:30 am
Arboretum at University of Guelph
200 Arboretum Rd, Guelph

Enjoy a delicious brunch in beautiful surroundings with live music. Your support will help grassroots charities both locally and internationally. You will have the opportunity to bid on a range of live & silent auction items and to support five charities by funding specific needs. Tax receipts will be issued for all donations.

Tickets are \$75.00
Residents of Arbour Trails and Village by the Arboretum have priority booking until July 2, 2024.

Contact the Marketing Team in the Welcome Centre if you are interested in purchasing tickets!

Important Announcement Regarding Newspapers

Please do not take the newspapers in the Main Floor Café unless you have a newspaper subscription. They have been labelled accordingly with room numbers. These are paid for independently by residents.



If you would like to subscribe to a newspaper, please contact the following numbers:

Toronto Star — 416-367-4500
Globe and Mail — 1-800-387-5400
Waterloo Region — 1-800-210-5210
The National Post — 1-800-668-7678



Important Change to Your Rogers TV Services

Rogers and The Village of Arbour Trails at 32 Bayberry Dr., Guelph, will be upgrading your television service! With this improvement, we will be phasing out your existing Digital TV Service to provide you access to **Rogers Ignite TV**. With this upgrade, **you will receive the Rogers Ignite Preferred TV package which includes one (1) Ignite Entertainment Box**. If you subscribe to any additional services not included in the Ignite Preferred Package, Rogers will invoice your account directly on a monthly basis.

Rogers tried to contact you to set up your new Ignite TV account!

Between **May 14th** and **May 28th**, a Rogers Specialist tried to call you to activate your new Ignite account. If your family member or your Power of Attorney set up your account in their name, they would have spoken to them directly to migrate your account. Technicians were onsite to install all units **June 18th** and **June 27th** and would have removed your old equipment once the Rogers Ignite installation was complete.

IMPORTANT INFORMATION

What If You Missed the Ignite Account Ordering Deadline?

If you were unavailable to speak with a Rogers Specialist by May 28th, please email CMAHelpdeskEscalation@rci.rogers.com with your name and phone number, requesting a call back to activate your Ignite TV account at 32 Bayberry Dr., Guelph.

Your Rogers Digital TV service will no longer be available as of July 31st, 2024. We encourage you to migrate to Ignite TV to avoid any service disruption.

Sincerely,

Rogers Communications

Village Life



Ear & Hearing Clinic

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment** please call

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

GO SKYDIVING WITH SKYDIVE SWOOP

Ready to tick off a bucket list item?

We're planning a thrilling skydiving trip and want to know who's interested! Feel the rush, enjoy the views and make unforgettable memories.



See the Main Office to learn more about this opportunity!



Photo: A resident from The Village of Riverside Glen skydiving in 2023.

Connect with Arbour Trails!

The monthly calendars 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



Guelph Public Library Bookmobile

Wednesday, July 3, 17 & 31
from 3:00-4:00 p.m.

**Outside the Arbour Trails
Front Entrance**

If you have questions about how to get signed up, call the Recreation Team at **226-251-3065 x 811**



THE THISTLE REPORT

BY KAREN HIMMER

CANADIAN HUMILITY, HARD WORK & GRIT EXEMPLIFIED IN THE LIVES OF RON ELLIS, BOB COLE & OUR VERY OWN CHAMPION – CATHY LEMON

The *1972 Summit Series*, a time of the Cold War, and all of Canada held its proverbial breath. I watched from a packed TV room at Trent University, when the legendary hockey broadcaster, Foster Hewitt, announced that Paul Henderson had scored THE GOAL. CANADA!!! had finally won the Series. Ron Ellis watched from the bench, when Henderson scored the GOAL. Ellis demonstrated the Canadian ethos of humility, hard-work, and grit. Ellis was born with a club foot and was a frequent guest of *Sick Kids*. Sadly, we lost Ellis at a young age –79.

Bob Cole was 90 when he passed away. Like Hewitt, Cole became a legend with HNIC. A Newfoundlander, he possessed the same Canadian virtues. Cole was beloved by hockey fans from coast to coast. His key phrase was “O Baby,” which was first used to describe a marvelous goal by Mario Lemieux. Coincidentally, Cole broadcasted the historic summit series on radio. It was fitting that his last broadcast was a game between the Leafs and Habs.

Finally, I wish to honour fellow resident, Cathy Lemon, for the 3 Golds and 1 Bronze in the pool. Cathy, I admire you for your dedication and grit. I wish everyone at Arbour Trails a Happy Canada Day.

SPOT the dot!

Tell us who is connecting the dots and delivering an extraordinary experience.

Easy as 1, 2, 3!

- 1 Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- 2 Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- 3 Take the matching sticker, find the team member and present it to them.



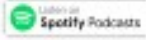
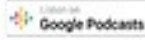
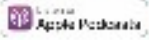


Stories from the GREEN BENCH Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Legacy

What impact do you hope to leave to others?

WISDOM *of the*
ELDER



Help us give hope!

Join us for a beautiful
afternoon of golf
while raising funds
for the Wilfred
Schlegel Hope Fund.

THURSDAY SEPTEMBER 26

12:15 p.m. – registration and lunch
1 p.m. shotgun start

Victoria Park East Golf Club
1096 Victoria Road South, Puslinch

Foursomes for sale

\$600 per foursome or \$150 per player.
• Includes lunch, dinner
and 18 holes of scramble golf.

To buy your tickets visit
schlegelvillages.com/GolfForeHope
or scan the QR code



All profits raised go
to the Wilfred Schlegel
Hope Fund.

#iGiveHope

WILFRED SCHLEGEL
Hope Fund


SCHLEGEL VILLAGES

Signs and symptoms of heat illness



Heat exhaustion

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Headache



Muscle cramps



Rapid breathing and heartbeat



Dizziness or fainting



Extreme thirst



Nausea or vomiting



Dark urine and decreased urination



Heavy sweating

Heat stroke



High body temperature



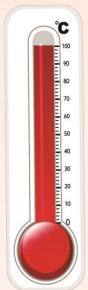
Dizziness or fainting



Confusion and lack of coordination



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.



Schlegel Villages – CONNECTIONS



SCHLEGEL OLYMPICS *Summer* 2024

The Schlegel Olympics is an exciting, organization-wide event that brings our east and west Villages together in the spirit of friendly competition.

As part of our Wisdom of the Elder Signature Program, the games help us recognize that regardless of someone's ability and the fact they reside in a long-term care or retirement setting, their competitive nature still vibrates within and their past experiences and wisdom are worth celebrating.

The games within each Village are a time of laughter, bonding, and relationship building as team members support competitors who are cheered on by their Village neighbours. We look forward to the events held within each Village and especially the events at Taunton Mills and Glendale Crossing that bring all of our people from across the province together.

Let the games
BEGIN!

Tuesday, July 30

The Village of Glendale Crossing

Thursday, August 1

The Village of Taunton Mills

EVENTS



Slalom



Soccer



Parallel
Bars



Olympic
Shooting



Sprint



Schlegel Villages – CONNECTIONS



Happy Canada Day

As the summer rolls on and we reflect on a busy first six months of 2024, it's exciting to note that construction is well underway in four new communities: Ridgeview Court in Milton, Stouffer Mills in Stouffville; Millers Creek in Ajax; and Riverbank Terrace in Ottawa. We're also thrilled to be nearing completion of the next phase of expansion at The Village of Winston Park in Kitchener.

When we think of the sense of community we find across this great country on Canada Day every July 1, we can't help but recall how proud we are to be a Canadian company, proudly owned and operated

by a family that has been caring for older adults for more than 70 years! We continue to grow, bringing our philosophy of service to new communities, and for that we are extremely proud.

Looking ahead, we are a short time away from honouring the Schlegel family's community-building mission during **Wilfred Schlegel Day on August 5.**

This is a time for Village's to work together to give back to their community in any number of ways, and we look forward to the many initiatives we'll see on the Civic holiday in August.

Four foods for healthy aging

Most older adults are not consuming enough important nutrients to stay healthy. The best way to get the nutrients our bodies need is through food – that’s why it’s important to choose foods rich in protein, fibre, vitamins and minerals.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, leads the Nutrition in Disguise project, which creates healthy recipes by adding nutrient-dense ingredients to popular recipes, such as lentils in brownies. Below are some of Keller’s favourite nutrient-dense foods to add to recipes or enjoy on their own.

Almonds

Add them sliced to salads, granola, trail mix, or as a topping for desserts, yogurt or cereal. They are a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes. Other vitamin E-dense foods: sunflower seeds, peanut butter and avocado.

Dark chocolate

Need an excuse to have dark chocolate in your life? Dark chocolate (at least 70%) is packed with magnesium and iron. Magnesium is important for your muscles, and keeps your heart and immune system strong. Iron helps maintain



many important functions of the body, including energy and focus.

Wheat Germ

There are countless ways to add wheat germ to your diet – in yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola or toppings for parfaits. Wheat germ is a great source of omega-3, which has been shown to help prevent heart disease and stroke, and may prevent some cancers and other conditions. Wheat germ is also loaded with fibre and vitamin E.

Flax seeds

Similar to wheat germ, these seeds can easily be added to baked goods such as muffins, breads or loaves; or as a topping on yogurt, salads or cereal. Flax seeds contain a lot of fibre – a nutrient crucial for our digestive health and regular bowel movements. It also helps us feel fuller for longer, and can improve cholesterol and blood sugar levels. Omega-3 is also found in flax seeds.

[Click here](#) to subscribe to Aging 360 and receive more healthy aging tips.

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Movie Crew



**New members
are welcome!**
See your recreation
calendar for date, time,
and location of meetings

Monday Movies 2:30 p.m.
(no 7:30 showings)
in Town Hall

July 1 — “Around the World in 80 Days” (1956)

Victorian-era Englishman Phileas Fogg proclaims before his fellow members of a London gentleman's club that he can circumnavigate the globe in a mere 80 days.

2h 5m

Cast: David Niven, Cantinflas

July 8 — “A Streetcar Named Desire” (1951)

Disturbed Blanche DuBois moves in with her sister in New Orleans and is tormented by her brutish brother-in-law while her reality crumbles around her.

2h 2m

Cast: Vivien Leigh, Marlon Brando

July 15 — “The Bad and the Beautiful” (1952)

An unscrupulous movie producer uses an actress, a director and a writer to achieve success.

1h 58m

Cast: Lana Turner, Kirk Douglas

July 22 — “Saving Mr. Banks” (2013)

Based on a true story. Author P.L Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.

2h 5m

Cast: Emma Thompson, Tom Hanks

July 29 — “The Good, the Bad and the Ugly” (1966)

A bounty hunting scam joins two men in an uneasy alliance against a third in a race to find a fortune in gold buried in a remote cemetery.

2h 41m

Cast: Clint Eastwood, Eli Wallach

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

July 5 — “I am: Celine Dion” (2024)

This is a journey inside Celine Dion's life as she reveals her battle with Stiff Person Syndrome.

1h 43m

Cast: Celine Dion

July 12 — “A Walk in the Woods” (2015)

After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends.

1h 44m

Cast: Robert Redford, Nick Nolte

July 19 — “Moving On” (2022)

Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before.

1h 25m

Cast: Jane Fonda, Lily Tomlin

July 26 — “Wild Oats” (2016)

Everything changes for Eva when she receives a life insurance check accidentally made out for five million dollars instead of the expected fifty thousand dollars.

1h 31m

Cast: Shirley MacLaine, Jessica Lange



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

July 4 — “Spotlight” (2015)

The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

2h 8m

Cast: Mark Ruffalo, Michael Keaton

July 11 — “In the Heat of the Night” (1967)

The cases and adventures of the police forces in and around Sparta, Mississippi.

1h 49m

Cast: Sidney Poitier, Rod Steiger, Warren Oates

July 18 — “Kramer vs Kramer” (1979)

After his wife leaves him, a work-obsessed Manhattan advertising executive is forced to learn long-neglected parenting skills, but a heated custody battle over the couple's young son deepens the wounds left by the separation.

1h 45m

Cast: Dustin Hoffman, Meryl Streep, Jane Alexander

July 26 — “War of the Roses” (1989)

A married couple tries everything to drive each other out of the house in a vicious divorce battle.

1h 56m

Cast: Michael Douglas, Kathleen Turner, Danny DeVito



Arbour Trails Team Directory

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Charge Nurse	Emma's & Egerton	880	Can be reached at this extension
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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