



The Village of
ARBOUR TRAILS

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.



AUGUST 2024

226-251-3065

32 Bayberry Drive,
Guelph, ON, N1G 0C9

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

Volume 12, Issue 8

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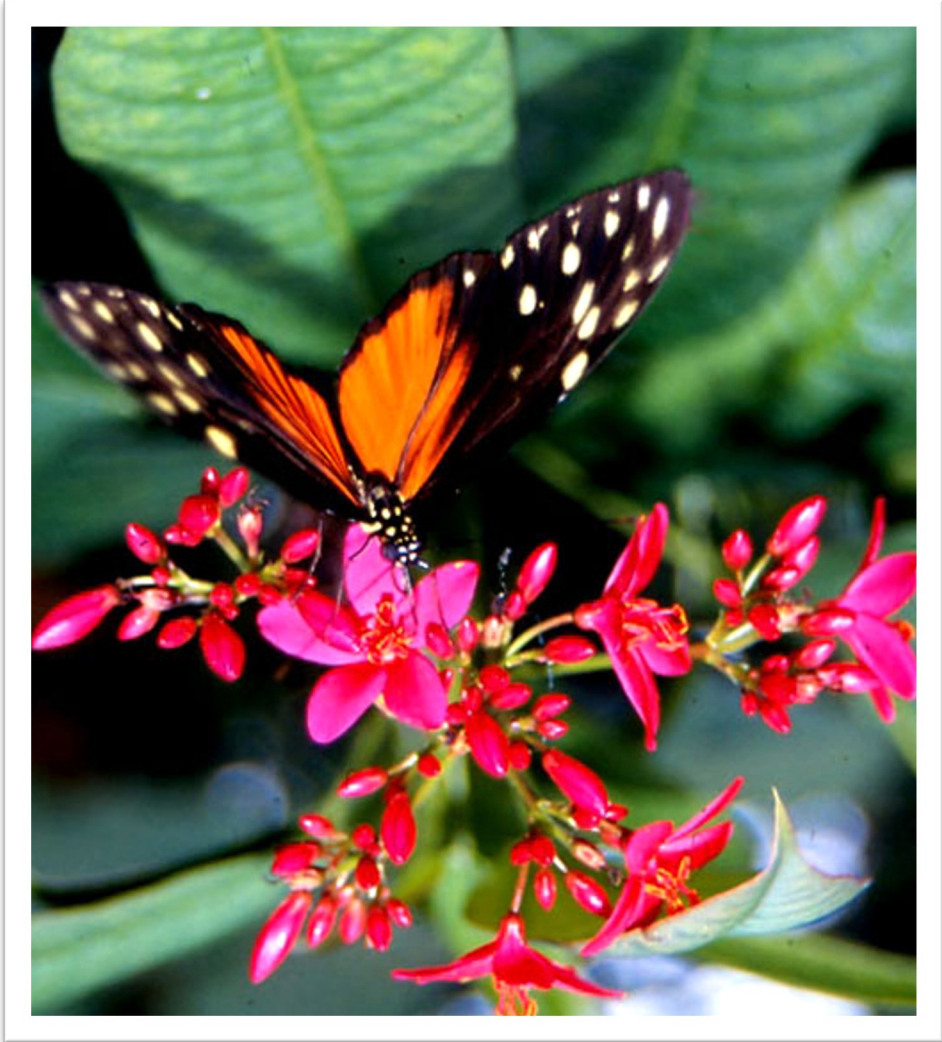


Photo: "Light Lunch" submitted by a resident of
Arbour Trails.



Resident Birthdays *August*

August 1 — Marilyn Wax
August 2 — Anita Warley
August 3 — Betty Newbatt
August 4 — Peter Graf
August 7 — Joyce Howlett
August 7 — Jackie Coulbeck
August 8 — Monique Kane
August 8 — Kevin Power
August 8 — Carol O'Brien
August 9 — Anne Cornelisse
August 10 — Joseph Leenders

August 13 — Betty Pyke
August 16 — Fred Howlett
August 16 — Gladys McDonald
August 17 — Marilyn Whiteley
August 17 — Barbara Marcellus
August 19 — Barbara Thomson
August 21 — Margaret Bates
August 21 — Eleanore Hulland
August 23 — Bill Paker
August 29 — Ted Gardner
August 30 — Linda Denison

If you would prefer not to have your birthday displayed in the newsletter or village, **please let Katie Lammert know at: 226-251-3065 ext. 807**



Please join us in
welcoming Arbour
Trails' newest
residents!

Ailsa Craig

Becker

**Cheryl & Lou
Quenneville**
Suite 2315

Mavis Johnson
Suite 372

Ena Wallace
Suite 2110

Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*



A Message From Residents' Council



Dear residents,

July 1st dawned a beautiful day, perfect for celebrating Canada Day. The dinner that evening was special, especially for me. I had the pleasure of dining with a new family member in our country. Soe and her boys had arrived several weeks earlier from India, but they are originally from Burma. Soe is working part-time on our Egerton Neighbourhood and part-time at Riverside Glen. What a loving, intelligent family, so very happy to be in Canada. I am sure it will be very interesting to keep up with their story. Personally, I hope I can keep track of their progress. Following dinner, we all went to the patio, had some punch and were entertained by Katie and John with songs suitable for the occasion. People joined in the singing; it was very festive. To end the evening, we all rose and sang the national anthem. Our newcomers were excited and very impressed. They were so warmly welcomed!

The Schlegel Olympics have taken place with cheering and laughter. The results will be posted elsewhere in the Express. Thanks to all who participated. We had an outbreak of COVID, which was a surprise and affected quite a few people. It was cleared up quite quickly, and we were declared COVID-free on July 26. We hope that will be the end of COVID for a while.

We are glad to see the island is almost back in order and all the fountains running happily. Many people have been enjoying strolls around the pond and viewing all the pretty flowers. It is a very pretty sight. We really appreciate the effort that the occupants of the patio apartments have put into developing their gardens. They give us much pleasure as well.

I expect we will be seeing some new faces again soon. Remember to welcome them warmly. If you have any suggestions for the Residents' Council, do approach us—fresh thoughts are always welcome.

The 30th Anniversary of the VBA is soon approaching. Keep your eyes open for information about the event. Enjoy the rest of your summer and stay safe and healthy. Sadly, this is the last long weekend until Labor Day.

Warmly,

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," and 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 VBA

Hello,

As we enter the heart of summer, I hope you are able to visit the grounds around Arbour Trails, Ailsa Craig and the VBA enjoying the beautiful gardens, flowers and common areas. A special thanks to Reid's Heritage Home senior staff Daphne and Andrew and their landscaping crew for all they do to maintain the village grounds to such a superior standard. If you see a landscape worker, please let them know what a great job they are doing! A special thank you to those of you who contribute by tending the areas surrounding the units where you live as well.



I hope you've been able to take advantage of how close you are to the Monarch Waystation and Pollinator Garden and visit it regularly. It's a pretty special part of the Village. The Courtyard is also a lovely place to sit and enjoy the flowers planted and cared for by residents. Just watch out for the two foxes who have made it a habit to run through the area from time to time!

I'm sure you're missing the East Pond fountains which have always been part of summer in the VBA. Unfortunately, issues arose early in the season that have made it challenging to keep them up and running on an ongoing basis. Reid's Heritage Homes is treating it as a high priority and hopes to have all three fountains operational again soon.

Just two quick reminders:

1. Membership — If you haven't done so yet, please consider ensuring your VBARA membership is up to date for 2024/25. The fee is \$30 and with the support of all residents in the VBA, we can continue to offer activities and provide access to the Tree Talk monthly newsletter. Contact Lyn McLeod or Marilyn Wax if you have any questions. I'd also be happy to meet with you to discuss the benefits of membership, if it would be helpful to you.
2. 30th Anniversary of the VBA — We'll celebrate this key milestone on Saturday, September 14th so please mark your calendars. Arbour Trails will be a starting point for what is shaping up to be a fun and jazzy classic car parade. There will be music, food trucks and ice cream and all will be available close to you. Look for notices and posters around your location which will provide details of the fun plans for the day! A special thank you to Norma Coole and Marilyn Wax of Arbour Trails who serve on the planning committee.

I'm often in and out of your residences so be sure to say hello. Your input is always welcome so please reach out if you have concerns or if I can be of any assistance to you.

All the best,

Pat Sorbara

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

Getting to Know: The Village Team

Name: Komaldeep Singh

Position: Dining Room Supervisor

Extension: 834

Tell us a little about yourself: I moved to Canada two years ago to pursue my postgraduate studies. I had always wanted to go to a different country for that. My family includes my parents and a sister. My parents are in India, while my sister is in England. It was a fun experience moving to a different country with just two bags and no idea of how things would turn out. At first, I faced some challenges, but eventually, I got the hang of everything.



What do you most like to do to unwind? What are your hobbies, your talents, your interests: To unwind, I usually listen to music. I love cooking with my friends and coming up with creative names for our dishes. I also enjoy drafting things like cars and buildings, as it is my passion. I love socializing and meeting new people!

Quick Hits!

Favourite music: Pop

Favorite movie: Oppenheimer

Three things I cannot live without: Food, Family, Friends

What has been the greatest accomplishment of your life? Finishing my masters of Mechanical Engineering.

What is on your bucket list? Travelling world with my friends.

Name: Rachel Kuipery

Position: Director of Hospitality

Extension: 804

I'm Rachel, and I'm thrilled to join you as the new Director of Hospitality here at Arbour Trails. Throughout my time working in senior living, one of the things I enjoy most is getting to know the amazing people who make up our community. I love to bring new ideas that will make your days even more enjoyable and fulfilling. Whether it's through exciting activities, better services, or simply a friendly chat, I'm here to make sure your experience here is the best it can be. I'm eager to see what we can create together and to hear your ideas on how we can make our community even better.



What do you most like to do to unwind? What are your hobbies, your talents, your interests: Outside of work, I love going for walks around Guelph with my greyhound Louie, and participating in the local performing arts community. I'm always interested in learning about your favorite hobbies and interests too.

I'm really looking forward to meeting each of you and getting to know you better. Please don't hesitate to say hello or share any thoughts you have about making our community a great place to live. See you around!

Dining News



Event	Date	Time	Location
Food Committee Meeting	Thursday, August 8	2:30 p.m.	The Library

Sign-up for a Tour of the Kitchen!

The Hospitality Team will be running kitchen tours in August. 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.

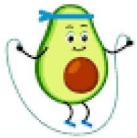


We appreciate your understanding and cooperation in providing us with adequate notice for your visit or any special requirements you may have.

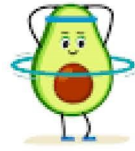




Program For Active Living PAL Corner!



HAPPY AUGUST ARBOUR TRAILS!!



We wanted to say thank you to everyone who participated in our Schlegel Village Olympics week last month. A big congratulations to our 5 Olympians who attended the organization-wide Olympic Finals at Glendale Crossing! It was so fun to see everyone come out and work hard in each event.

Although our Olympics are over, don't forget about our daily exercise classes on each neighborhood! All classes and schedules can be found on your monthly recreation calendar as well as our PAL calendar in front of the Fitness Centre.

Please reach out to Megan and Miranda with any questions. We are here to help with any assistive devices (i.e. walkers, wheelchairs or power mobility), fall prevention and making activities of daily living more manageable!



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:

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

In Memoriam

Janet
Dagleish
Ann Rorke
Geoff Clark

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. in the Chapel

- August 4—led by Marguerite Davies
- August 11—led by Rev. Dr. Barbara Sykes
- August 18—led by Chaplain Beverleigh
- August 25—led by Chaplain Phil

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

- August 5/12/19/26 (led by Betty Rowsell)

Praying the Rosary—Tuesday, August 13 at 3:00 p.m. in the Chapel (led by Luisa McMaster)

Bible Study—Thursdays at 10:30 a.m. in the Chapel (led by Chaplain Beverleigh)

- August 1/8/15/22/29

Men's Conversation Connection—Every other Wednesday at 10:30 a.m. in the Chapel

- August 14 & 28 (led by Chaplain Phil)

Film of Faith—Tuesday, August 6 at 2:30 p.m. in Town Hall "Healed by Grace: An Equestrian Story" — 100 minutes

For the Soul (Emma's)—Thursdays at 1:30 p.m.

- August 1 (led by Chaplain Beverleigh)
- August 8 & 22 (led by Marguerite Davies)

For the Soul (Egerton)—Wednesdays at 2:30 p.m.

- August 7 & 21 (led by Chaplain Phil)

Conversation Café (JPL—Ailsa Craig)—Thursday, August 22 at 2:30 p.m. (led by Chaplain Phil)

Shopping Shuttle & 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**

The August Shopping Shuttle Schedule

Every Thursday at:

- 10:00 a.m.** — Front Entrance
- 10:05 a.m.** — Ailsa Craig Front Entrance
- 2:15 p.m.** — Front Entrance
- 2:20 p.m.** — Ailsa Craig Main Entrance

Independent Village Outings

Cambridge Butterfly Conservatory

Wednesday, August 7
Departure: 10:00 a.m.

Art Gallery of Guelph & Dianna Downtown Restaurant

Friday, August 23
Departure: 11:30 a.m.

Dutch Mill Market Shopping & Lunch

Saturday, August 17
Departure: 10:00 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?

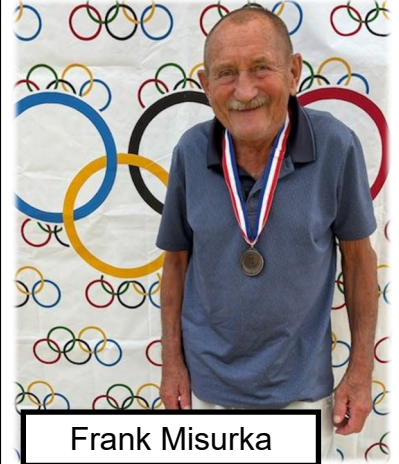
Join the Outings Committee!

Next meeting: Thursday, August 8
at 2:30 p.m. in the Hobby Shop

Village Life *Celebrating the Olympics!*



From fierce competition to laughter amongst neighbours, this year's Schlegel Summer Olympics encompassed camaraderie, competition and community spirit. As part of Schlegel Villages' Wisdom of the Elder Signature Program, the Olympic games help us recognize that regardless of someone's abilities or age, their competitive nature still vibrates within and their past experiences and wisdom are worth celebrating. Thank you to all of the residents who participated and competed and to everyone that was a part of making the games a fun and memorable! Congratulations to Frank Misurka on his silver medal in the Olympic Shooting finals!



Frank Misurka



Village Life

LIVE Entertainment

**East Coast Guitarist
“Bob McLean”**

Monday, August 5
at 7:30 p.m. on the Back Patio

Kevin Coates

Monday, August 12
at 7:30 p.m. on the Back Patio

Acoustic Duo

“Unheard Of”

Monday, August 19
at 2:30 p.m. in Town Hall

**Bill Parker & Katie Lammert
Play at Happy Hour**

Wednesday, August 21
at 3:00 p.m. in Town Square

The VBA’s

“Backstage Boys”

Monday, August 26



Vendors

Cameron Card Creations

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

Cathy’s Gifts, Scarves & Flowers

Wednesday, August 7
from 10-2:30 in Town Square

The Boutique

Friday, August 16
from 10-2 in Town Square

Creations Boutique

Monday, August 19
from 10-2 in the Hobby Shop

Factory Shoe

Friday, August 23
From 11-2 in Town Square

Bella Boutique

Monday, August 26
from 10-2:30 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 changes)

Village Life *August Happenings*

Celebrating Summer PATIO PARTIES



Live music - Drinks - Fun

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

**on the Back
Patio
by the pond**

AUGUST FOOD TRUCKS

August 7 - El Milagro

(Mexican Food)

August 14 - Pierogi Pigs

(Gourmet Pierogies)

August 21 - Schmuck Truck

(Gourmet Pub Food)

August 28 - Fo Cheezy

(Gourmet Grilled Cheese)



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

NATIONAL WATERMELON DAY



Saturday, August 3

**Join our Neighbourhood
Watermelon Socials!**

See your Neighbourhood Monthly
Calendar

**Wear Pink
and
Green!**

Village Life *August Happenings*



WILFRED SCHLEGEL *Day*

Monday, August 5

#WilfredSchlegelDay



This day kicks off a month of giving back to the community.

Whether large or small, there are so many ways we can come together to give back.



Habitat for Humanity Clothing Drive

Monday August 5 - Sunday, August 11
Drop-off in the Hobby Shop!

Alberta Wildfire Fundraiser Kickoff

Friday, August 9 at 3:30 p.m.
in the Main Floor Café

Donate until Sunday, August 25
in Town Square!



Canadian Red Cross



Become a Village Volunteer!

See Katie Lammert in the Hobby Shop
for more information

Tropical Paradise PARTIES

WEDNESDAY, JULY 14

DRINKS | LIVE MUSIC |
FOOD AND MORE

See your neighborhood
monthly calendar for
time and location!

Calling all book lovers!

Arbour Trails Book Club



Join us on
Thursday, August 22
at 2:30 p.m. in the library
for our first meeting!

RESIDENTS' COUNCIL MEETING

WEDNESDAY, AUGUST 28

at 2:30 p.m.
in Town Hall

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

Contact the Arbour Trails' Marketing Team in the Welcome Centre (beside the Chapel) 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



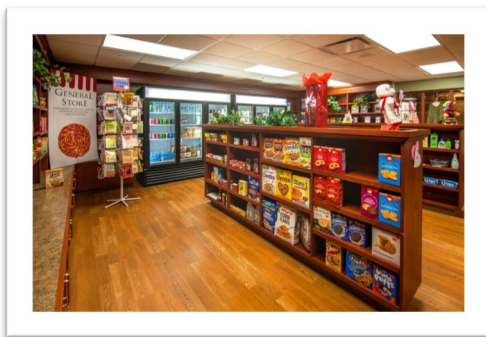
Village Life

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



We carry a variety of Items!

- Personal hygiene products
- Assorted breads
- Milk & other dairy products
- Assorted snacks, pop, juice & candy
- Assorted cereal & breakfast items

And much more!

We accept reusable bag donations!

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

We are looking for occasional general store volunteers!



Contact Katie Lammert at
(226) 251-3065 ext. 807 or in the
Hobby Shop for more details

Connect with Arbour Trails!

The monthly calendars and Newsletter can be found online at:

www.schlegelvillages.com/arbours-trails-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, August 14 & 28
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**



A Message from Administration—Dry Cleaning Service Update

Hello Everyone!

We've received questions about the dry cleaning service, so here's a quick overview:

We use K Cleaners, located in Harvard Plaza off Stone Road. Their number is 519-766-9720. To use the service, drop by the Main Village Office and let me (Marika) or Donna know. Please put your clothing in a bag with your name and suite number.

K Cleaners requires a minimum of 3 residents' clothing to schedule a pickup, which can delay the process. Typically, I call them on Wednesdays or Fridays and it takes about a week for cleaning and return. You'll receive a blue bill with your cleaned clothing. Payment is by exact change or cheque only, made out to "K Cleaners." Leave payment in the main office with your name and "K Cleaners Payment" written on the envelope.

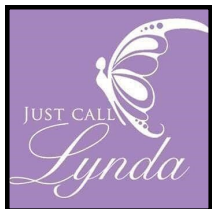
Dry Cleaning Prices (taxes not included):

- Shirts: \$5.75 - \$9.95
- Pants: \$12.99
- Sweaters: \$13.99 - \$16.99
- Suit Jacket: \$16.95

Feel free to stop by the main office if you have any questions!

Marika Jach
Administrative Assistant ext. 801

Accessible Transportation Resources



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



VON Canada
Phone: 1-888-506-6353

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

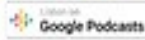
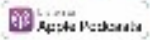


Stories from the GREEN BENCH Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Adventure and Risk

How have taking risks and embracing adventure shaped who you are today?

WISDOM *of the*
ELDER

Celebrating Team! *SUCCESS Awards*

Success Awards



Know Me
Cherry Sotito
Housekeeping

Success Awards



Be Present
Millie Martinez
Nursing

Success Awards



Walk In My Shoes
Carmelita Nabua
Dietary

Success Awards



Earn Trust
Alma Dayrit
Nursing

Success Awards



Follow Through
Sara Doric
Recreation

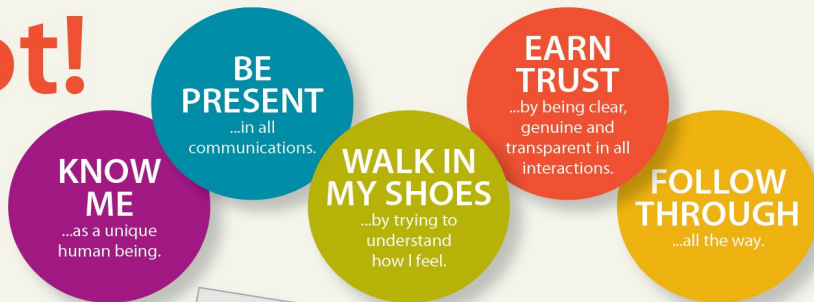
Join us in congratulating our 2024 team member **SUCCESS** Award winners! We thank each of them for their dedication, perseverance and commitment to delivering an extraordinary experience for residents, family members and friends of Arbour Trails.

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.



Schlegel Villages – CONNECTIONS



September 8

Grandparents Day

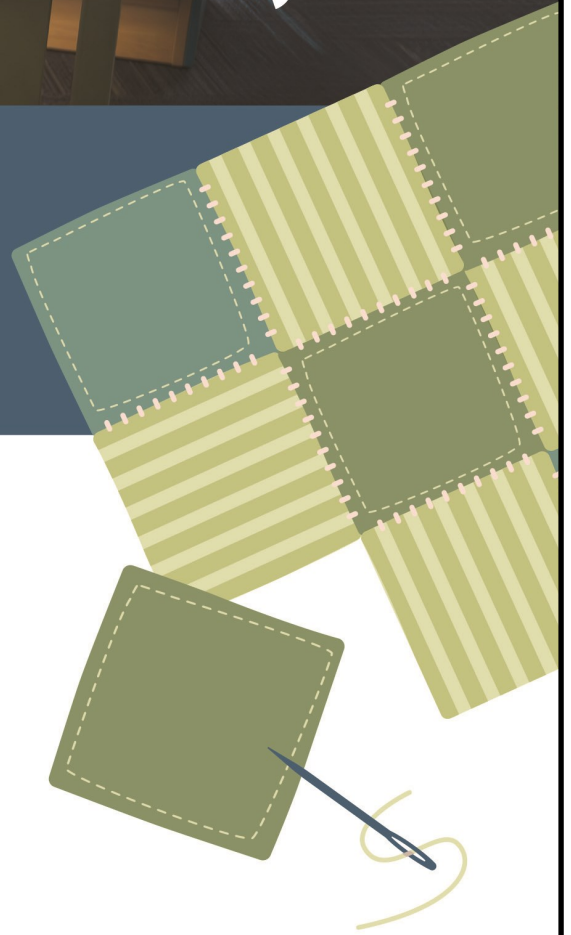
The **GRANDEST** **GRANDPARENT** *Legacy quilt project*

This year, Schlegel Villages is excited to celebrate Grandparents Day in a unique and heartfelt way! We invite all grandchildren to participate in our **Grandest Grandparent Legacy Quilt Project** by creating a personalized quilt square that showcases why their grandparent is the grandest.

Starting **August 15th**, we will provide 6x6 square materials at all our Villages and online for order. Grandchildren are encouraged to decorate their squares, leaving a 1/4 inch border on each side, and then send them back or drop them off at a Village. Along with their creative quilt square, participants should also submit a written piece explaining why their grandparent holds a special place in their hearts.

To make this project even more special, some of our Villages will host Grandparents Day programs on the second Sunday of September, where grandchildren and grandparents can come together to work on their quilt squares. This is a wonderful opportunity to bond, share stories, and create lasting memories.

Continued on next page



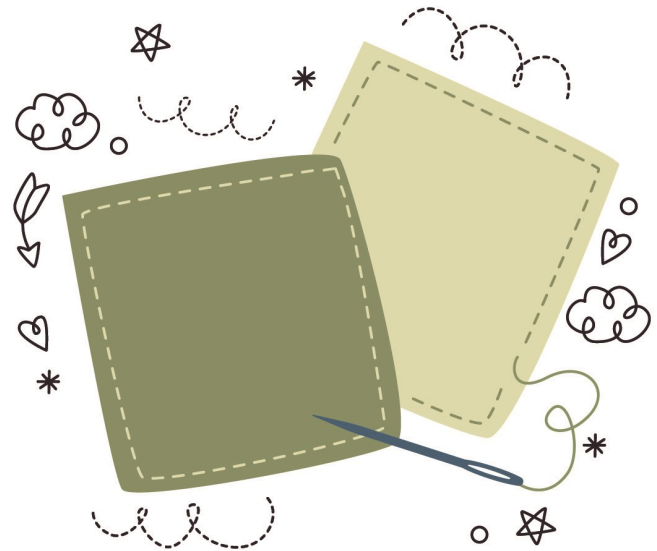
Schlegel Villages – CONNECTIONS

Once all the quilt squares are **collected by October 31st**, our team will connect them into a beautiful collective quilt. We will collaborate with skilled quilters to finish the quilt, which will then be proudly displayed at Schlegel Villages.

Each quilt square and accompanying story will be turned into a digital display for our SVTVs and social media platforms. Additionally, our online digital quilt will allow you to click on an image to see the story behind it, preserving these precious memories in a digital format for all to see.

Join us in this touching tribute to our beloved grandparents. For more information on how to participate, please visit our website or contact your local Village.

Let's celebrate their legacy by creating a quilt filled with love, stories, and creativity!



**WILFRED
SCHLEGEL**

Monday, August 5

Day

Wilfred Schlegel Day marks a month of giving back to the community through a variety of initiatives, no matter how large or small.

Every year on the first Monday of August, Schlegel Villages honours Wilfred Schlegel for the way he inspired his son and grandsons to strive every day towards the betterment of their community and for how his legacy inspires us all.

Keeping your mind active

Keeping your brain active is like giving it a workout, helping you to think, concentrate, and feel better about yourself. Studies have shown that by doing simple daily exercises, we can learn new strategies and stretch our mental abilities. Inspired by the “By Us For Us Guide: Memory Workout”, this article shares enjoyable activities to help you keep your mind active, slow down memory decline, and improve overall well-being.

Simple Exercises to Boost Memory

Crosswords and Word Searches: These are great for improving vocabulary. You can set a 20-minute timer and see how many words you can find, rather than focusing on completing the puzzle.

Rubik’s Cube: They don’t have to be solved; the act of trying helps keep your mind active.

Jigsaw Puzzles: Start with puzzles that have fewer, larger pieces. As you get better, move on to more complex puzzles.

Musical Instruments: Even if you are only able to use one finger, it will still get you thinking and help with coordination.

Math Games: Games like Yahtzee or dominoes help keep your math skills sharp. You can also practice making change to improve your practical math abilities.



Memorization Activities: Try reading an article several times, or making a list of 10 items, and then see how much you remember.

Tips for Successful Brain Workouts

- Create a routine and try to set aside an hour each day, three to five times a week, for these activities.
- Pick activities you find fun and interesting to make it easier to stick with the routine.
- Begin with easier tasks and gradually increase the difficulty as you improve.
- Focus on what you can do and celebrate small achievements. You might do better tomorrow. You might have done better yesterday. What matters is that you are doing the best you can in the moment.

Keeping your brain active is a lifelong journey. So, pick up a puzzle, grab a deck of cards, or try a new game today – your brain will thank you for it!

For more tips and information, refer to the “By Us For Us Guide: Memory Workout”: the-ria.ca/bufu.

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.
(no 7:30 showings)
in Town Hall

**August 5 — “The Second-Best Exotic
Marigold Hotel” (2015)**

As the Best Exotic Marigold Hotel has only a single remaining vacancy, posing a rooming predicament for two fresh arrivals, Sonny Kapoor pursues his expansionist dream of opening a second hotel.

2h 2m

Cast: Judi Dench, Maggie Smith, Bull Nighy

August 12 — “Keeping Mum” (2005)

A pastor preoccupied with writing the perfect sermon fails to realize that his wife is having an affair, and his children are up to no good.

1h 39m

**Cast: Rowan Atkinson, Kristin Scott Thomas
and Maggie Smith**

August 19 — “Driving Lessons” (2006)

A coming-of-age story about a shy teenage boy trying to escape from the influence of his domineering mother. His world changes when he begins to work for a retired actress.

1h 38m

**Cast: Rupert Grint, Laura Linney,
Julie Walters**

August 26 — “And so, it Goes” (2014)

A self-absorbed realtor enlists the help of his neighbour when he’s suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at this home.

1h 34m

Cast: Michael Douglas, Diane Keaton

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

August 1 — “The Great Train Robbery” (1978)

England, 1850s. A master criminal aims to rob a train of a large sum of gold. Security is incredibly tight and the task seems an impossible one. However, he has a plan and just the right people to carry it out.

1h 50m

**Cast: Sean Connery, Donald Sutherland,
Lesley-Anne Down**

**August 8 — “The Treasure of the Sierra
Madre” (1948)**

Two down-on-their-luck Americans searching for work in 1920s Mexico convince an old prospector to help them mine for gold in the Sierra Madre Mountains.

2h 6m

**Cast: Humphrey Bogart, Walter Hutson, Tim
Holt**

August 15 — “Chinatown” (1974)

A private detective hired to expose an adulterer in 1930s Los Angeles finds himself caught up in a web of deceit, corruption, and murder.

2h 10m

**Cast: Jack Nicholson, Faye Dunaway, John
Huston**

August 22 — “The French Connection” (1971)

A pair of NYPD detectives in the Narcotics Bureau stumble onto a heroin smuggling ring based in Marseilles, but stopping them and capturing their leaders proves an elusive goal.

1h 44m

**Cast: Gene Hackman, Roy Scheider, Fernando
Rey**

August 29 — “Breathe” (2017)

The inspiring true love story of Robin and Diana Cavendish, an adventurous couple who refuse to give up in the face of a devastating disease.

1h 58m

**Cast: Andrew Garfield, Claire Foy, Hugh
Bonneville**



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

**August 2 — “What We Did on Our
Holiday” (2014)**

A family of five heads to Grandad’s big 75th-birthday party at an uncle’s estate in rural Scotland. The parents are separated and hope their three kids won’t mention it. The kids love, can talk with, and would do anything for Granddad.

1h 35m

Cast: Rosamund Pike, David Tennant, Billy Connolly

August 9 — “Race” (2016)

Jesse Owen’s quest to become the greatest track and field athlete in history thrusts him into the world stage of the 1936 Olympics, where he faces off against Adolf Hitler’s vision of Aryan Supremacy.

2h 14m

Cast: Stephan James, Jason Sudeikis

August 16 — “Ocean’s 8” (2018)

Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City’s annual Met Gala.

1h 50m

Cast: Sandra Bullock, Cate Blanchett

August 23 — “The War with Grandpa” (2020)

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

1h 34m

Cast: Robert De Niro, Uma Thurman

August 30 — “Hitchcock” (2012)

The relationship between Alfred Hitchcock and his wife Alma Reville during the filming of Psycho (1960) in 1959 is explored.

1h 38m

Cast: Anthony Hopkins, Helen Mirren



Arbour Trails Team Directory

Lead Nurse		505	Can be reached at this extension
Charge Nurse	Emma's & Egerton	880	Can be reached at this extension
Med Certs	Emma's (879), Egerton (883), Williamsburg (875 & 876)		
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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