



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.



SEPTEMBER 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 9

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Photo: One of the many beautiful garden boxes lovingly tended by the Ailsa Craig gardening group in the courtyard. Photo submitted by a resident of Arbour Trails.





Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*

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**

A Message From Residents' Council



Dear Residents,

I hope you're having a wonderful summer and perhaps have had a chance to visit a cottage or enjoy a swim. Here at Arbour Trails, we've been celebrating the season with patio parties and various other activities. Let's hope the warm weather sticks around a bit longer so we can continue to enjoy the sunshine and the blooming flowers.

Did you watch the Democratic Convention in Chicago? There seems to be such a positive shift, with excellent speakers and a sense of joy for the future. I hope it all comes true! Of course, it will require hard work, but the outcome could have a direct impact on us here in Canada. I just had to share my thoughts on this!

The 30th Anniversary of the VBA is fast approaching! Mark your calendars for September 14th and say a little prayer for good weather. It should be a festive and memorable event, with music, a classic car show & parade and plenty of treats! It's amazing how quickly the years have flown by, and many of us can still reminisce about the early days.

We have had some hot water problems this month, but as of August 28th, there is hope that the problems will finally be fixed by September 4th. Our general meeting in August featured a very interesting presentation by Pauline, followed by a Q&A session. We also have an exciting program planned for September.

We'll be sharing the latest recommendations from the health department regarding vaccinations as soon as we receive them.

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,

The 30th Anniversary Celebration is coming to your front door!

On Saturday, September 14, 2024, we will celebrate 30 years of the Village by the Arboretum (VBA) being a home to its residents - 30 years! A special shout out to the residents of Arbour Trails and Ailsa Craig who have been here from the start or close to our three decades of existence. You are the foundation of what has become a wonderful home to so many over the years.

Please walk out your front door around 11:00 a.m. that Saturday morning to help us kick off the day. Plan to join many other VBA residents in viewing a host of classic and vintage cars mustered in the Arbour Trails parking lot before they depart for a parade through the village. The SWAT food truck will be in front of Ailsa Craig for all to enjoy. The October Skies jazz band will be playing under the portico (outside the Arbour Trails front entrance) so plan to come and hear them. In the afternoon, there will be drumming and an ice cream truck.

If you're able to make it to the Village Centre area, there will be more music and food throughout the day. See the details on the next page and posted throughout the community. A special thank you to Norma Coole and Marilyn Wax of Arbour Trails, who serve on the planning committee, and to Schlegel Villages for being one of the sponsors.

I look forward to seeing you there and to hearing the stories of your life in the VBA.

All the best,

Pat Sorbara

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

“Here We Go Again!”

VBA 30TH ANNIVERSARY

Saturday, September 14TH – 11:00 until 4:00



9:30 – 12:00 – Hitch Coffee Truck – Cherry Blossom near Village Green

11:00 – 11:50 – Classic & Antique Car Show

Arbour Trails Parking Lot

12:00 – 1:00 – Classic & Antique Car Parade - Through the VBA

11:00 – 4:00 – Musical Entertainment

11:00 – October Skies – Arbour Trails Portico

12:15 – Beautiful Noise – Village Centre Front Lawn

1:15 – Backstage Boys – Village Centre West Patio

2:00 – Drum Circle – Arbour Trails Portico

2:15 – Elderly Brothers Garage Band – Village Centre Front Lawn

3:15 – Village Singers – Reid Hall

Additionally enjoy – 7:00 – Underground Music – “A Record Day” – Rehearsal Hall

12:00 – 2:00 – Food Trucks

11:30 – SWAT – Ailsa Craig (near mailboxes)

12:00 – Fo’ Cheezy – Village Centre Front Lawn (west side)

12:00 – El Milagro – Village Centre Front Lawn (east side)

2:00 – 4:00 – Ice Cream Trucks

Arbour Trails Parking Lot

Village Centre Front Lawn

Rain Date – Sunday, September 15th

Getting to Know: The Village Team

Name: Anuj Solomon

Position: Director of Environmental Services

Extension: 829

About Me: I just celebrated 1 year at Arbour Trails. I am passionate about my work and strive to provide exceptional customer service by engaging in meaningful conversations with residents and my team. I am here to support and assist in any way I can, contributing to the community's growth and being present for both our residents and team. I enjoy listening to music, playing with my kids, watching comedy movies, going for long drives, cooking, socializing and getting to know people.



Quick Hits!

Favourite movie: Cast Away

Three things I can't live without: Family, food, and friends

What is your prized possession? My kids

What has been the greatest accomplishment of your life? Getting food to a small community of underprivileged people who lived below the poverty line.

What is on your bucket list? To travel the world with my family.

What is your best childhood memory? Christmas holidays with family and friends coming up with creative ideas to decorate the house.

Name: Christine Turner

Position: Housekeeping

Extension: 874

About Me: I love attending car shows, concerts, and visiting friends. To relax and unwind, I enjoy watching TV or sitting outside to enjoy the fresh air with a glass of wine.



Quick Hits!

Favourite music: Country western

Favourite movie: Black Beauty

Three things I can't live without: my cats, tv and my car—It gives me the freedom and independence I want.

What is on your bucket list? I would like to go back to Newfoundland, where I was born.

What is your best childhood memory? My best childhood memory is when I was 7 years old, visiting my stepdad's sister in Vancouver, who lived on a golf course. I would find golf balls in the water and get paid for it.

Dining News



Event	Date	Time	Location
Food Committee Meeting	Thursday, September 5	2:30 p.m.	The Library

Thanksgiving Menu

Main Course

Roast turkey with cranberry sauce, garlic mashed potatoes with gravy and harvest vegetables

Dessert

Pumpkin Pie

***** Deadline for reservations is October 4th**

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.



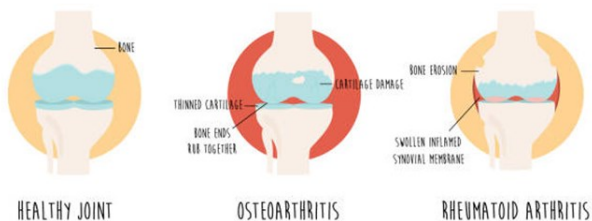


Program For Active Living (PAL) Corner!

HAPPY SEPTEMBER ARBOUR TRAILS!!

September is Arthritis Awareness Month! Did you know that over 50% of older adults live with some form of arthritis? There are more than 100 different types of arthritis, with Osteoarthritis and Rheumatoid Arthritis being the most common. Flare-ups can cause painful swelling, skin redness, and fatigue.

While arthritis can be painful, exercise is an effective way to help reduce arthritis pain. Regular exercise strengthens the muscles around your joints, helping to keep them stable. It also improves joint range of motion and function, leading to decreased pain, better balance, and a lower risk of falls.



Our PAL program offers a variety of exercise classes throughout the week. For balance and strength-based workouts, join our “Better Balance” class on Monday mornings at 10:00 a.m. and our “Standing Get Active” class on Wednesdays at 10:00 a.m. These classes are also available at Ailsa Craig in the JPL on Mondays and Wednesdays at 3:00 p.m. Have a great month, everyone!

If you have any questions about our exercise classes or need assistance with mobility devices, please contact Megan or Miranda at extension 808



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:

Chair Yoga (FC):
10:00 — Open to All

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

Alan MacLeod
Howard Clark
Agnes Lee
Sheila Farley
Murray Dow

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

- September 1—led by Chaplain Beverleigh
- September 8—led by Chaplain Phil
- September 15—led by Chaplain Beverleigh
- September 22—led by Rev. Dr. Barbara Sykes
- September 29—led by Chaplain Beverleigh

New! Community of Christ Church Service—Sundays at 10:30 a.m. in the Chapel

- September 8/15/22/29

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

- September 2/9/16/23/30 (led by Betty Rowsell)

Praying the Rosary—Tuesday, September 3 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)

- September 5/12/19/26

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

- September 4 & 18 (led by Chaplain Phil)

Film of Faith—Tuesday, September 10 at 2:30 p.m. in Town Hall —"The Secrets of Jonathan Sperry" (95 minutes)

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

- September 5 (led by Chaplain Beverleigh)
- September 12 & 26 (led by Marguerite)

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

- September 4 & 18 (led by Chaplain Phil)

Conversation Café (JPL—Ailsa Craig)

- Thursday, September 19 at 2:30 p.m. (led by Chaplain Phil)



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

Transportation



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 September 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

Accessible Transportation Resources



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



VON Canada
Phone:
1-888-506-6353

Do you Have Suggestions for Outings?

Join the Outings Committee!

Next meeting:

Tuesday,
September 10

at 2:30 p.m.

in the Hobby Shop



Village Life *Last Month in Photos*



Top: Celebrating summer at our tropical paradise party!
Middle: Residents visit the Sunrise Therapeutic Riding & Learning Centre.
Bottom: Residents and team members come together for the Emma's & Egerton Neighbourhood Barbeques!



Village Life

LIVE Entertainment

Piano Music with Parsa Tabesh

Mondays and Fridays
at 7:30 p.m. in Town Square

October Skies Jazz Band

Saturday, September 14
at 11:00 a.m. Outside the
Arbour Trails Main Entrance

VBA Drum Circle

Saturday, September 14
at 2:00 p.m. Outside the
Arbour Trails Main Entrance

Pianist

“Paul Schalm”

Tuesday, September 17
at 2:30 p.m. in Town Square

Grace Cowley

Friday, September 27
at 2:30 p.m. in Town Hall



Vendors

Cameron Card Creations
Tuesday, September 3
from 10:30—2 in Town Square

Adrian’s Fashions
Wednesday, September 4
from 10-3 in the Hobby Shop

Suzanne M Jewelry
Friday, September 13
from 10-2 in Town Square

Creations Boutique
Wednesday, September 18
from 10-2 in the Hobby Shop

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



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 *September Happenings*

SEPTEMBER FOOD TRUCKS

September 4 - Born2Eat
(Baos & Thai Cuisine)

September 11 - Los Rolling Tacos
(Mexican Cuisine)

September 18 - Pablas Streetfood
(Indian Cuisine)

September 25 - El Milagro
(Mexican Cuisine)



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



Enhancing Life

RIA “Voice-User Interfaces for Storytelling with Older Adults” Study Info Booth

Tuesday, September 10
from noon - 3:00 p.m.
in Town Square

Stop by and learn more
about getting involved in
the study!



September 8
Grandparents Day

The **GRANDEST**
GRANDPARENT
Legacy quilt project

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

Sunday, September 8
in the Main Floor Cafe

Legacy Quilt Project—10:00 - 11:30 a.m.
Invite your grandchildren to the village and
make your own family quilt square,
making a lasting memory! Supplies
will be provided.

Cookie Decorating—3:45 - 4:30 p.m.



SCHLEGEL VILLAGES

CELEBRATING RESIDENTS' COUNCIL WEEK

September 16 - 22

Monday, September 16 - Visit the Residents'
Council Executive display in Town Square!

Wednesday, September 18 - Residents'
Council Executive Meet & Greet at 2:30 p.m.
in the Main Floor Café.

Friday, September 20 - Pick up a Residents'
Council info booklet in Town Square!

RC Week is a week to celebrate all RESIDENTS, as every
person living in the village is part of the Residents' Council,
regardless of whether they attend the monthly meetings.

Village Life *September Happenings*



TENA@Home™

You're Invited...

Stop by our **TENA@Home™ session** to learn about **Incontinence and Skincare Products**, and having them delivered right to your door.

Date Wednesday, September 18th

Time 4:00 p.m. - 7:00 p.m.

Location The Library, Main Building of Arbour Trails



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ARTS & AGING DAY CANADA

SEPTEMBER 24

Celebrating Arts & Aging Day


Resident Art Show

Tuesday, September 24
from 10-4
in the Hobby Shop

We are still accepting submissions!

If you are interested in displaying your work (art, photography, embroidery, woodwork, poetry, sewing etc.) contact Recreation at extension 811

DISCOVER THE GUELPH PUBLIC LIBRARY




Thursday, September 26 at 2:30 p.m. in Town Hall

During this information session:

- **Explore Library Services:** Learn about the wide range of services and collections available to you.
- **Get Your Library Card:** Assistance will be provided for anyone interested in signing up for a library card.
- **Answer Your Questions:** Have questions about placing a book on hold, accessing our online library, or getting tech assistance? We're here to help.
- **Share Your Thoughts:** Share what you'd like future library visits to look like.

We look forward to seeing you there and helping you make the most of your library experience!




National Day for Truth & Reconciliation

Monday, September 30

Join us in honouring the children who never returned home and survivors of residential schools, as well as their families and communities.

Join us in wearing orange to show your support




Village Life

New! Join the Arbour Trails
Euchre Group



Mondays, Wednesdays
& Fridays

at 2:30 p.m.
in The Social Club

Starting Friday, September 6

all levels are welcome - no
competition, just fun!

**BRUNCH AT THE
ARBORETUM**



September 29, 2024

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

Tickets are \$75.00

Contact the Arbour Trails' Marketing
Team in the Welcome Centre (beside
the Chapel) if you have questions or
are interested in purchasing tickets!

Celebrating Wilfred Schlegel Day



#WilfredSchlegelDay



Thank you to everyone who
contributed to our Habitat for
Humanity clothing drive and the
Canadian Red Cross Alberta
Wildfire fundraiser!

We donated an entire van full of
clothing and raised nearly
\$650.00 for the Canadian Red
Cross. With the government's 3x
donation match, that totals just
over \$1,800.00!



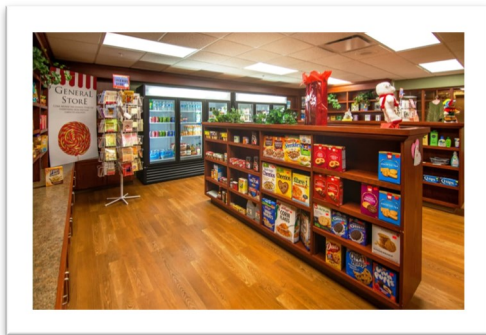
Village Life

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 are accepting magazine donations!

Drop-off your gently used magazines in the General Store (during its open hours). We thank you in advance!

We are looking for occasional general store volunteers!



Contact Marilyn Wax at Suite #171 if you're interested!

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



A Message From Maintenance

Our annual fall window cleaning is scheduled to start this month!



When: September & October

Time: From 9:00 a.m. to 4:00 p.m.

If you have any questions or concerns regarding the window cleaning schedule or process, please reach out to:

Anuj Solomon

Director of Environmental Services
226-251-3065 x 825



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

Big Smiles Mobile Dental Hygiene



647-286-0958

Dental hygiene in the comfort of your own home!

A travelling dental hygienist, I come to you – chair and all!

Carolyn Maloney

Registered Dental Hygienist
bigsmilesmobiledh@icloud.com
f Big Smiles Mobile Dental Hygiene

Guelph Public Library Bookmobile

Wednesday, September 11 & 25
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**



**Make an
appointment at
519-840-1500**

Haircuts, massage, skin care, manicures, pedicures and waxing services available!

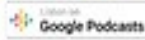
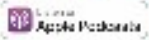


Stories from the GREEN BENCH Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Balance

**How did you
balance work and
home life?**

WISDOM *of the*
ELDER



innovation summit

spark ideas. ignite change.

October 29-30

DoubleTree by Hilton
30 Fairway Road South, Kitchener

Schlegel Villages and the **Research Institute for Aging (RIA)** are excited to be hosting our 9th annual **Innovation Summit!**

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

We look forward to seeing you there!



September can be hot

Keep cool and have fun!

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

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

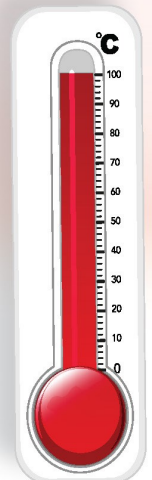
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.



Schlegel Villages – CONNECTIONS



National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.



SEPTEMBER 24

A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: the-ria.ca/events/arts-and-aging-day

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

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

September 2 — “The Grand Seduction” (2013)

To survive, a dying Newfoundland fishing village must convince a young doctor to take up residence by any means necessary.

1h 53m

Cast: Taylor Kitsch, Brendan Gleeson

September 9 — “The Grizzlies” (2018)

In a small Arctic town struggling with the highest suicide rate in North America, a group of Inuit students' lives are transformed when they are introduced to the sport of lacrosse.

1h 42m

Cast: Jack Anawak, Fred Bailey, Seth Burke

September 16 — “As Good as it Gets” (1997)

A single mother and waitress, a misanthropic author, and a gay artist form an unlikely friendship after the artist is assaulted in a robbery.

2h 19m

Cast: Jack Nicholson, Helen Hunt, Greg Kinnear

September 23 — “Men with Brooms” (2002)

Four men take time from their personal problems to reunite as a curling team and compete in a bonspiel that will restore their honour

1h 42m

Cast: Paul Gross, Leslie Nielsen, James B. Douglas

September 30 — “Our People Will be Healed” (2017)

A look at the efforts involved with decolonizing Manitoba's First Nation communities.

1h 37m

September 5 — “The Untouchables” (1987)

During Prohibition, Treasury agent Eliot Ness sets out to stop ruthless Chicago gangster Al Capone, and assembles a small, incorruptible team to help him.

1h 59m

Cast: Kevin Costner, Sean Connery, Robert De Niro

September 12 — “Out to Sea” (1997)

A failed gambler, intent on meeting a rich widow, tricks his widowed brother-in-law into boarding a cruise ship as dance hosts.

1h 46m

Cast: Jack Lemmon, Walter Matthau

September 19 — “The Magnificent Seven” (2016)

Seven gunmen from a variety of backgrounds are brought together by a vengeful young widow to protect her town from the private army of a destructive industrialist.

2h 12m

Cast: Denzel Washington, Chris Pratt, Ethan Hawke

September 26 — “Annie” (2014)

A foster kid who lives with her mean foster mom sees her life change when business tycoon and New York City mayoral candidate Will Stacks make a thinly-veiled campaign move and takes her in.

1h 58m

Cast: Quvenzhané Wallis, Cameron Diaz, Jamie Foxx



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

September 6 — “Age of Adeline” (2015)

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

1h 52m

Cast: Blake Lively, Michiel Huisman, Harrison Ford

September 13 — “Book Club: The Next Chapter” (2023)

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.

1h 47m

Cast: Diane Keaton, Jane Fonda, Candice Bergen

September 20 — “The Holdovers” (2023)

A curmudgeonly instructor at a New England school remains on campus during Christmas break. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's cook, a woman who just lost a son in the Vietnam War.

2h 13m

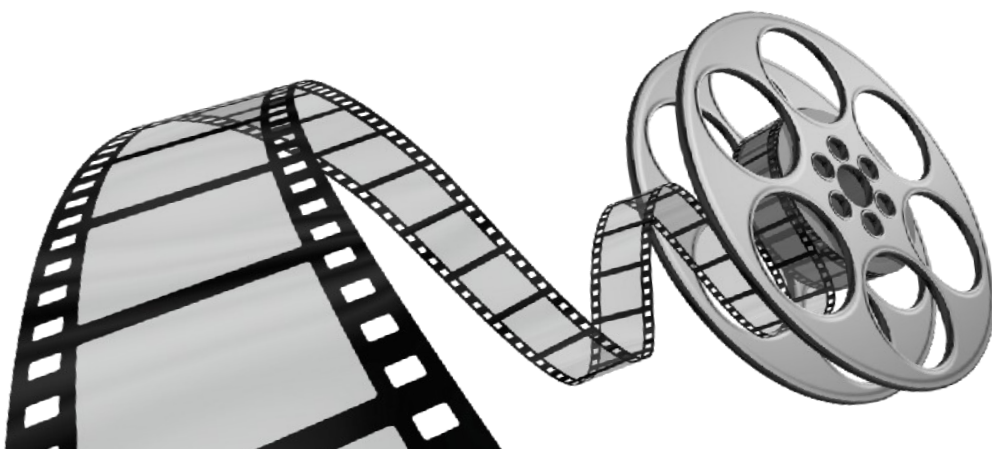
Cast: Paul Giamatti, Da’Vine Joy Randolph, Dominic Sessa

September 27 — “Midnight in Paris” (2011)

While on a trip to Paris with his fiancée’s family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day after midnight.

1h 34m

Cast: Owen Wilson, Rachel McAdams, Kathy Bates



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 & Becker (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