



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.



NOVEMBER 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 11

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Photo: Autumn Leaves and clear skies, 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,

Greetings! October has been a lovely month. Did you get a chance to enjoy a walk or soak up some sunshine? During one of my walks, I noticed a snow shovel ready by an office door—I couldn't believe my eyes! I wonder if they know when it'll come in handy, but at least they're prepared!

Were you able to attend the Food Bank presentation on September 25th? I really hope so; it was incredibly informative. Many residents commented, "I had no idea about all the things they do behind the scenes." We're very grateful to Carolyn McLeod-McCarthy for her insightful presentation.

Thanksgiving has come and gone for this year. Did you enjoy your lovely dinner, even without pumpkin pie? My daughter prepared a delicious turkey dinner, and I brought tiramisu for dessert—so don't feel too bad about missing the pie!

On October 22, we celebrated Oktoberfest here at Arbour Trails, complete with all the trimmings and various events. Bavarian music by the Black Forest Band added to the festivities. Thank you to everyone for your efforts in making this event so enjoyable!

Preparations are well underway for Halloween, and I can't wait to see all the decorations and costumes! We'll save the full report on the festivities for next month. This time of year brings out the kid in all of us—remembering the candy and maybe even a few quarters in our loot bags. Did any of you ever soap windows? I'll admit I did! If you're interested in the story, just ask!

Wishing you a wonderful November and looking forward to the holiday season ahead.

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 the fall weather moved in and the season changed, I found myself grateful for the work of the Ailsa Craig Garden Committee over these past months. It has been an absolute pleasure to walk through the Courtyard every day and enjoy the beautiful flowers in the planters, as they matured over the summer and eventually took on their autumn colours. From my condo balcony, I smiled as I watched residents tend the vegetable garden and fretted (just a little) as the two foxes frolicked through the area.

As we head into November and start to dread the coming of winter weather, I think of how much is happening around the VBA. There are so many activities that compensate for a time we tend to hunker down and do less. Of interest to all is the annual Cabaret show put on by the Theatre Activity Group, set for November 20 to 23. We're always pleased to see so many people from Ailsa Craig and Arbour Trails attend this event, enjoyed by all. If you haven't signed up yet, response slips are in this month's Tree Talk.

Reid Heritage Homes is always open to ways to ensure the VBA is as accessible as possible to villagers and this is particularly important during winter. If you have any ideas or concerns, let me know and I'll be happy to follow up.

We'll look for ways to stay connected over the winter months.

All the best,

Pat Sorbara

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



Getting to Know: The Village Team

Name: Katie Lammert

Position: Director of Recreation & Volunteer Services

About Me: I grew up in Kitchener as one of five kids in a blended family, one of which is my twin brother! I studied Psychology at the University of Guelph and later earned a graduate certificate from Sir Sanford Fleming College in Therapeutic Recreation. These days, I live in Guelph with my partner, John, and our tabby cat, Tofu, in a heritage apartment on the Speed River. Outside of work, I enjoy playing and listening to music, going on road trips, catching up with friends and family, staying current with my favorite TV shows, and tending to my plants (and my outdoor garden when it's in season).



Quick Hits!

Favourite music: Most classic country and acoustic folk/indie music.

What is on your bucket list? Many things! My top list item is to travel to/vacation in the UK and Southern Europe.

What is your best childhood memory? Road trips and spending spring breaks in Destin, Florida, where my grandparent's spent their winters.

Name: Emma Carr

Position: Recreation

About Me: I was born and raised in Guelph, and have lived here for most of my life. I spent two years living in New Brunswick during the pandemic where I got to spend time with my extended family. I have one younger brother who currently lives in Halifax. One of my favourite things to do to unwind is read a good book. I also love going on long hikes, exercising at the gym, writing, and riding my bike. I love arts and crafts, especially going to art shows and getting to appreciate others' art.



Quick Hits!

Favourite music: The Beatles, Joni Mitchell, Janis Joplin, The Smiths.

Favorite movie: The Grand Budapest Hotel.

Three things I cannot live without: Family, Music, and books.

What has been the greatest accomplishment of your life? Travelling solo through Europe for 3 months.

What is on your bucket list? I would like to travel to every continent in the world – so far, I've been to five of the seven.

Dining News



Event	Date	Time	Location
Food Committee Meeting	Thursday November 7	2:30 p.m.	The Library



<p>Emma's Tuesday, December 3 *at 2:30 p.m.</p> <p>Williamsburg & Becker 1st Seating - Tuesday, December 10 2nd Seating - Thursday, December 12</p>	<p>Ailsa Craig Thursday, December 5</p> <p>Egerton Tuesday, December 10</p>
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We are delighted to invite you to this year's neighborhood Christmas dinners! Join us for some great food, warm company, and holiday cheer. Stay tuned for more details—we look forward to celebrating the season together!

To reserve your place, please RSVP by Monday, November 18 with Rachel or Komaldeep at (519) 836-2464.

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.**



Program For Active Living (PAL) Corner!



Happy November Arbour Trails!



November is Falls Prevention Month! We want to invite everyone to join us in the Fitness Centre on **Wednesday November 20th at 2:15pm for a Falls Prevention & Education Seminar/Q&A**. Come out to learn more about falls, why they happen and what we can do to prevent them! Together, we can learn from one another and share the strategies we use to increase our confidence and reduce our risk of falls.

***NOTE:** This seminar will take the place of the 2:00pm Get Active Exercise Class and will last ~30 minutes

Although falls happen and are sometimes inevitable, it can help to be aware of the factors that may increase your risk of falling. These factors could include: previous history of falls, impaired balance, reduced muscular strength, vision loss, environmental factors, and being over 80 years of age. Below are a few tips to reduce the risk of falls. We will go into more detail at the **Falls Prevention & Education Seminar** – See you there!!

Mobility Aids: Mobility aids (i.e. cane, walker) assist us in getting around safely and efficiently. If you have a necessary mobility aid, please remember to use it as much as possible and reach out if you are having issues with it!

Strength Training: Strengthening and resistance exercises are important for maintaining the muscle mass and strength needed to support ourselves. Come try out our Get Active classes on Wednesdays at 10:00am (standing) or 2:00pm (sitting) in the Fitness Center!

Balance Training: Balance exercise is a great way to improve your steadiness, coordination and overall balance. Come try out our standing Better Balance class on Mondays at 10:00am in the Fitness Center!

Vision Impairments: Try to have regular eye exams to monitor changes to your vision!

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

Maureen Komlos
Suzanne Longpre
Ludwig Lovsin

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

Our "In Memoriam" display is located outside the chapel and is updated regularly.

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

Remembrance Day — Monday, November 11

- 10:30 a.m. — Remembrance Day Service in Town Hall
- 2:30 p.m. — Remembrance Day Program in the Emma's Lounge

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

- November 3 — Led by Chaplain Philip
- November 10 — Hymn Sing with The Salvation Army — Led by Chaplain Beverleigh
- November 17 — Led by Chaplain Phillip
- November 24 — Led by Rev. Dr. Barbara Sykes

Community of Christ Church Service — Sunday at 10:30 a.m.

- November 3/10/17 (*note: no service Nov 24*)

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

- November 4/18/25
- November 11 at 2:30 p.m. **(please note time change due to Remembrance Day Service)*

Praying the Rosary — (led by Luisa McMaster)

- Tuesday, November 5 at 3:00 p.m. in the Chapel

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

- November 7/14/21/28

Men's Conversation Connection — Wednesdays at 10:30 a.m. in the Chapel—November 13 & 27 (led by Chaplain Phil)

Film of Faith in Town Hall—Wednesday, November 13 at 2:30 p.m. — "Friends for Life" (90 minutes) (*please note day change for this month to accommodate "Loss Seminar"*)

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

- November 7 (led by Beverleigh)
- November 14 & 28 (led by Marguerite)

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

- November 6 & 20 (led by Chaplain Philip)

Conversation Café (JPL — Ailsa Craig)

- Thursday, November 21 at 2:30 p.m. (led by Chaplain Phil)

NEW! Seminar Series: "Through Loss to Life" in Town Hall

- Tuesdays at 2:30 p.m. — November 5/12/19/26
- A 6-part learning series exploring topics of loss, grief & finding hope. (led by Chaplain Beverleigh) *Note: participants can attend all and/or select sessions as able.*

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**

Shopping Shuttle Schedule

Every Thursday at:

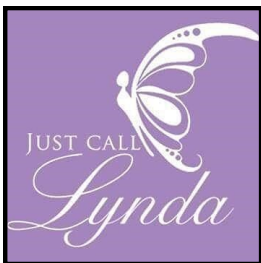
10:00 a.m. — Front Entrance

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!

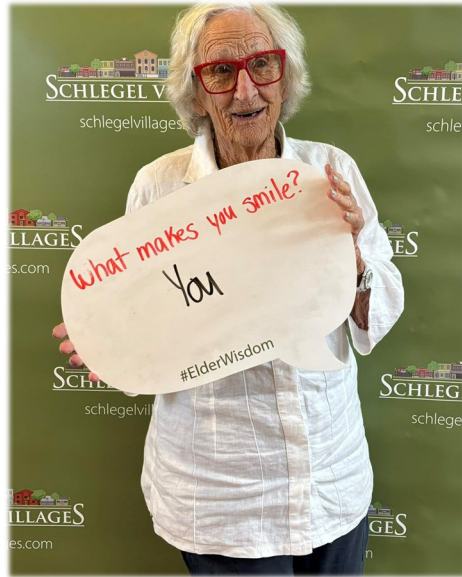
Next meeting:

Tuesday,
November 12
at 2:30 p.m.

In the Hobby
Shop



Village Life *Last Month in Photos*



Top: World Smile Day, Thanksgiving pie social.
Middle & Bottom: Pumpkin patch outing, stein holding competition & celebrating Oktoberfest with the Black Forest Band!



LIVE Entertainment

“Just Sing” Choir

Tuesday, November 12
at 7:30 p.m. in Town Hall

Grace Cowley

Thursday, November 14
at 2:30 p.m. in Town Hall

Paul Schalm

Saturday, November 23
from 10:00 a.m. to 12:00 p.m.
in Town Square

Acapella Group

“The Bearded Baritones”

Saturday, November 23
1:00 p.m. on Egerton
1:45 p.m. on Emma’s
2:30 p.m. in Town Square

Kevin Coates

Monday, November 25
at 2:30 p.m. in Town Square



Vendors

Mobile Senior Shop

Thursday, November 7
from 10:30-2:30 in the Hobby Shop

KMW Clothing

Tuesday, November 12
from 10-3 in the Hobby Shop

Suzanne M. Jewelry

Friday, November 15
from 11-2 in Town Square

Creations Boutique

Monday, November 18
from 10-2 in the Hobby Shop

Annual Christmas Market

**Saturday, November 23
from 10-3**

Come see 15+ vendors on Main
Street, the Hobby Shop, Town
Square, and Town Hall!



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 *November Happenings*

Remembrance Day Service

Monday, November 11
at 10:30 a.m.
in Town Hall

We would like to recognize the Veterans who live at Arbour Trails. If you would like to be acknowledged on our Remembrance Day List of Veterans, please let Katie Lammert know at:

katie.lammert@schlegelvillages.com or extension 807

World Kindness Day



**Wednesday,
November 13**

Girl Guides

**GUELPH BROWNIES
VISIT**

Saturday, November 30

from 10:30 a.m. - noon
in the Main Floor Café

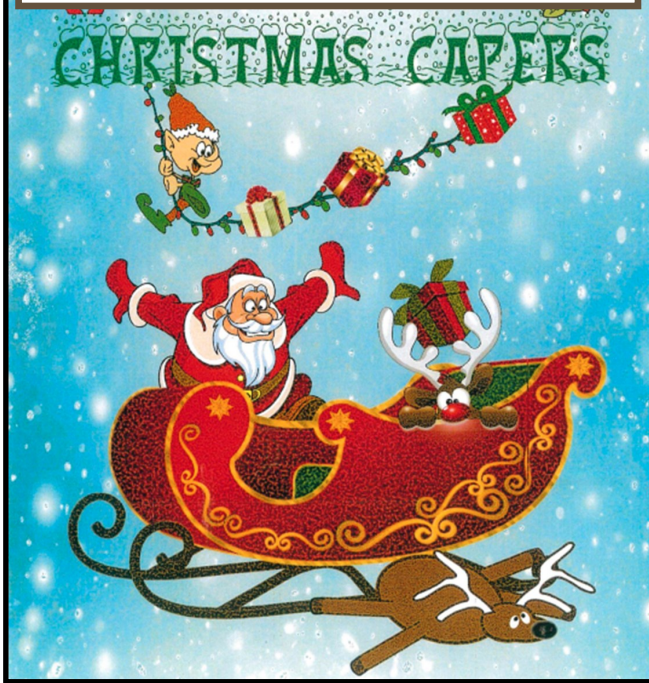
Join members of the Guelph Brownies for refreshments and activities!

**Girl Guide
Cookie Sale!
(Cash ONLY)**



Village Life *November Happenings*

The VBA Theatre Group Presents
CABARET 2024



November 20

(Auditorium Seating—No Bar)

November 21, 22, & 23

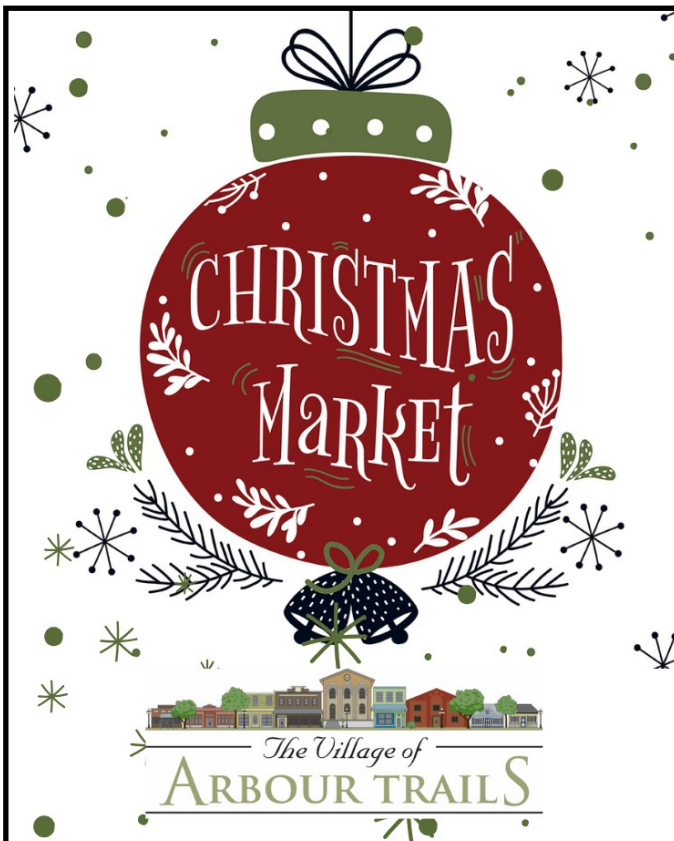
(Cabaret Seating)

All performances are at 7:30 p.m.
in Reid Hall

Tickets available through Tree Talk

Arbour Trails is offering transportation for:
Wednesday, November 20th

If you are wanting tickets and would like
transportation please speak with **Marilyn
Wax, #171** for further details.



Saturday November 23rd

10:00 a.m. - 3:00 p.m.

Mainstreet, Town Square,
the Hobby Shop & Town Hall

Come join us in celebrating the
Christmas season with music, raffle
prizes, a variety of vendors, Santa,
& more.

All are welcome!

Village Life—*Message Board*

A Message From Maintenance

In November, our maintenance team will be conducting the bi-annual fall furnace filter change. During this visit, the team will also check the pendant and thermostat batteries and clean the dryer lint for added safety and efficiency. Thank you for your cooperation in helping us maintain a comfortable and safe environment for everyone!

Anuj Solomon

Director of Environmental Services
Ext. 829

A Message From Administration

As a reminder, if you plan to be away from the Village for an overnight stay or longer, we kindly ask that you inform the Village Office of your departure and return dates. This helps us keep track of residents and ensures your safety and well-being during your absence.

If there are any special instructions or concerns you would like us to be aware of, please feel free to share those as well.

Thank you for your cooperation!

A Message from Recreation

We sincerely apologize for the recent issues with our movie projector/system. We're working hard to fix the problem and appreciate your patience in the meantime. Thank you for your understanding and we hope to have this issue fixed as soon as possible.

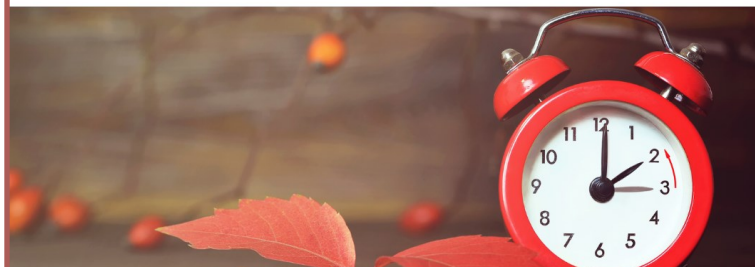
Katie Lammert

Director of Recreation
Ext. 807

Daylight Savings Time **ENDS**

Sunday, November 3

Turn your clocks **BACK** 1 hour



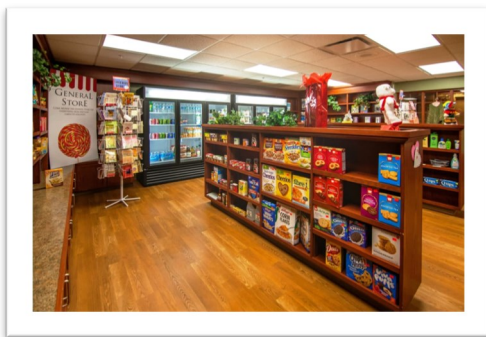
Village Life

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!

Make a Difference— Volunteer in the Village General Store!

Join our team at the General Store and make a real difference in our community! Volunteers would be helping with simple tasks like greeting shoppers, ringing up purchases, tidying the shelves and creating and keeping the store welcoming.

Why Volunteer?

- ♦ **Stay engaged:** It's a great way to stay active and involved.
- ♦ **Meet others:** Make new friends among fellow residents and visitors.
- ♦ **Make a difference:** Support a space that serves the whole Arbour Trails community.



**No experience needed, and
shifts are flexible!**

If you're interested, please reach out to Marilyn Wax at Suite #171



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

 Big Smiles Mobile Dental Hygiene

Guelph Public Library Bookmobile

Wednesday, November 6 and 20
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!

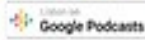
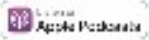


Stories from the GREEN BENCH Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

*Generosity
and Giving*

How has giving,
whether through
time or kindness,
enriched your life?

WISDOM *of the*
ELDER

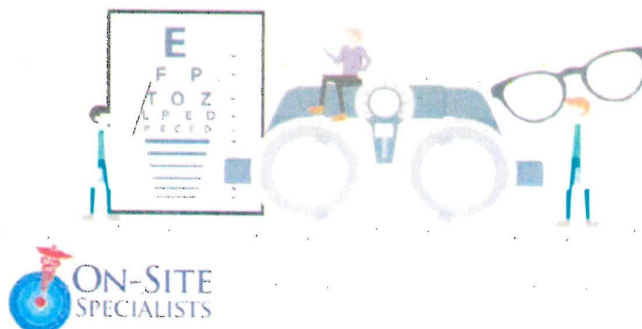
OPTOMETRY CLINIC

EYE EXAMS

**Monday, November 25th from 10:00am - 3:00pm in
the Margaret McCready Hobby Shop**

**COMPLETE EYE EXAMINATIONS ON SITE
FULL ASSORTMENT OF EYEWEAR NEEDS
PRESCRIPTIONS FILLED ON SITE
CUSTOMIZED SERVICE - NO OUTSIDE APPOINTMENTS**

***FEE FOR SERVICE*
Insurance/Tax Receipt Given Upon Request**



**TollFree:1(800)556-1762
Local:(905)326-9900**

**Consent Forms at Reception Call ON-SITE
SPECIALISTS at 1-800-556-1762 Press 0 to
Register.**

Schlegel Villages – CONNECTIONS

Why we wear the poppy

After losing a friend in the 1915 Battle of Ypres along the Western Front of the First World War, a humble doctor was inspired by the loss of a friend and the red poppies that managed to grow throughout the desiccated battlefield.

Lt. Col. John McCrae would use that inspiration to write *In Flanders Fields*, the most iconic poem in the English language to honour the sacrifice of countless soldiers in the ongoing effort to preserve freedom. We hear the solemn beginning words each year:

*“In Flanders Fields the poppies blow,
between the crosses, row on row . . .”*

and we are transported to a terrible dark period that now only lives in history books and the memories passed down through generations.

The red poppy Canadians wear upon their lapels from the last Friday in October until we mark the end of that terrible war on November 11th symbolizes our commitment to always remember those who served, not only in that war but in those that followed and the times of peace we cherish.

The Royal Canadian Legion raises approximately \$20 million across the country each year through the annual Poppy Campaign. These funds directly support veterans and their families at a local level and help each Legion Branch ensure the words **“Lest We Forget”** carry the weight of remembrance always.

We wear the poppy with pride and gratitude, honouring those who give of themselves for the benefit of all.

*Our
freedom.
Their
sacrifice.*



November 11
Lest we forget

Schlegel Villages – CONNECTIONS



CONNECT*the***DOTS**
The Schlegel Villages Customer Experience

Success Awards

In early October, leadership team members from across Schlegel Villages gathered in Niagara Falls for the organization’s annual Operational Planning retreat. There were residents and family members among the crowd of more than 500 people, and their insights were fantastic, but we were also grateful for the invaluable contributions of the Village Success Award Winners who were also part of the event.

These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

Know Me; Earn Trust; Be Present; Follow Through; and Walk in My Shoes.

The dedication and commitment of these team members and the passion they bring to the Villages every day makes them the ideal experts to contribute to the upcoming operational goals of each Village. We’re thankful for their leadership and all they do to inspire us all to live our values every day.



Congratulations
winners!

Supporting your neighbours: Preventing social isolation

As we age, the risk of social isolation—a lack of meaningful contact with others—can increase. However, feeling disconnected doesn't have to be part of getting older.

Social isolation can negatively affect health and well-being. Older adults who are isolated may be more likely to fall, experience depression, struggle with daily tasks, and have difficulty thinking clearly. They are also at a higher risk of developing dementia and may visit the emergency department more frequently.

Staying connected is key to maintaining health and happiness. This can be achieved through personal connections, community programs, faith-based organizations, or social services. Reducing social isolation helps ensure a fulfilling life.

Signs of Social Isolation

How can you tell if a neighbour might be socially isolated? Here are some things to watch for:

- Have they mentioned feeling lonely or cut off from others?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



How You Can Help

Sometimes, an older adult may just need someone to talk to. Other times, they may need more support. Here are a few ways you can make a difference:

- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

Read the Supporting Your Neighbours: A Community Conversation Guide for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

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

Brought to you by
the Arbour Trails
Movie Crew



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

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

November 4 — “Airplane” (1980)

After the crew becomes sick with food poisoning, a neurotic ex-fighter pilot must safely land a commercial airplane full of passengers

1h 28m

Cast: Robert Hays, Julie Hagerty, Leslie Nielsen

November 11 — “The Great Escape” (1963)

Allied prisoners of war plan for several hundred of their men to escape from a German camp during World War II

2h 52m

Cast: Steve McQueen, James Garner, Richard Attenborough

November 18 — “Fisherman’s Friend” (2019)

Ten fisherman from Cornwall are signed by Universal Records and achieve a top ten hit with their debut album, “Sea Shanties”

1h 52m

Cast: James Purefoy, Meadow Nobrega

November 25 — “Crocodile Dundee” (1986)

American reporter Sue Charlton travels to the Australian outback to meet eccentric poacher Mick “Crocodile” Dundee and invites him to New York City, where he comes face-to-face with the complexities of modern life. Can this bushman adapt?

1h 37m

Cast: Paul Hogan, Linda Kozlowski, John Meillon

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

November 7 — “All the President’s Men” (1976)

“The Washington Post” reporters Bob Woodward and Carl Bernstein uncover the details of the Watergate scandal that leads to President Richard Nixon’s resignation

2h 18m

Cast: Dustin Hoffman, Robert Redford, Jack Warden

November 14 — “From Russia with Love” (1963)

James Bond willingly falls into an assassination plot involving a naïve Russian beauty in order to retrieve a Soviet encryption device that was stolen by the organization Spectre.

1h 55m

Cast: Sean Connery, Robert Shaw, Lotte Lenya

November 21 — “The Woman in the Window” (1944)

A reserved professor meets a model and gets mixed up in murder.

1h 47m

Cast: Edward G. Robinson, Joan Bennett, Raymond Massey

November 28 — “To Kill a Mockingbird” (1962)

Atticus Finch, a widowed lawyer in Depression-era Alabama, defends a Black man against an undeserved rape charge, and tries to educate his young children against prejudice.

2h 9m

Cast: Gregory Peck, John Megna, Frank Overton



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Movie Crew



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

November 1 — “Saving Grace” (2000)

A small-town English Widow, facing financial troubles after her husband’s suicide, turns to agriculture of an illegal kind.

1h 33m

Cast: Brenda Blethyn, Craig Ferguson, Martin Clunes

November 8 — “Citizen Kane” (1941)

Following the death of publishing tycoon Charles Foster Kane, reporters scramble to uncover the meaning of his final utterance: “Rosebud”.

1h 59m

Cast: Orson Welles, Joseph Cotton, Dorothy Comingore

November 15 — “Grapes of Wrath” (1940)

An Oklahoma family, driven off their farm by the poverty and hopelessness of the Dust Bowl, joins the westward migration to California, suffering the misfortunes of the homeless in the Great Depression

2h 9m

Cast: Henry Fonda, Jane Darwell, John Carradine

November 29 — “Twisters” (2024)

Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies.

2h 2m

**Cast: Daisy Edgar-Jones, Glen Powell,
Anthony Ramos**

Your movie crew members

Ann B. — suite 387, Becker
Doug K.— suite 371, Becker
Jim M. — suite 2205, Ailsa Craig
David M.— suite 314, Becker
Don B. — suite 335, Becker

New members are always welcome



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