



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.



JANUARY 2025

226-251-3065

32 Bayberry Drive,
Guelph, ON, N1G 0C9

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

Volume 13, Issue 1

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Photo: "Icy Winter" 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



Happy New Year!

Where did 2024 go? I hope 2024 was a good year for you. There was plenty happening here at Arbour Trails, and I expect 2025 will be just as eventful!

We started the Christmas season with the Christmas Market on November 23, which was absolutely lovely. Things kept moving with many vendors and entertainers throughout the season. Unfortunately, I missed Santa Claus—he was there! Oh well, maybe next year!

Our special Christmas dinners were held on December 10th and 12th. The dining room looked beautiful and the food was delicious. Everyone pitched in to make it a lovely evening for us—a truly special time. Since it was such a great success, I imagine it will be repeated next year. I certainly hope so! Thank you to everyone who made it possible.

We had many vendors to help with our Christmas shopping—thank you to all of them. Additionally, there were several entertainers who filled the air with Christmas music and familiar songs we could sing along to. It was such a cheerful and happy time. Thankfully, our COVID outbreak was short-lived, especially during such an important season.

I'd like to take this opportunity to say what a pleasure it was serving you this past year. I hope to continue serving you in the coming year. Although I was only asked for help a few times, please don't hesitate to approach any council member if you have questions. I look forward to working with both the returning and new council members. A big thank-you goes to all the staff who guided and supported us with patience and understanding throughout the year; you truly are our saviors.

As the year comes to a close, 2025 is shaping up to be an interesting year politically. Let's try to stay positive about the future—just smile and be happy. Wishing you and your families all the very best in the coming year.

Marilyn Wax

President of the Residents' Council Executive

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 Everyone,

What a busy, joyous holiday season! It was wonderful to see many of you at the events in Arbour Trails as well as at Cabaret and the annual Christmas luncheon held in the Village Centre. As we start a new year, on behalf of the VBARA Executive, I want to wish you, the residents of Arbour Trails and Ailsa Craig Neighbourhood, all the best for 2025.

As we head deep into the winter season where it's tougher for those of us who are older and perhaps a little less mobile to be out and about, the VBARA Executive continues to search for ways to bring more of what's happening in the village to your doorstep. We are looking to arrange events and meetings that can take place in Arbour Trails, making it easier for the Schlegel community residents to attend. We'll keep you posted but if you have any ideas, please let me know by email at: vbara.president@gmail.com or give me a call at 416-402-6644.

The Activity and Functions Committee is currently reviewing the over 100 VBARA activity groups and 12 standing committees to ensure that village activities meet the needs of our residents. As some of you participate actively in those groups, we'll let you know of opportunities to have your say.

I'll see you around the community. Stay warm and be well.

All the best, Pat

Pat Sorbara

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



A Message From The General Manager



Dear Arbour Trails Community,

As we welcome a new year, I want to thank each of you for making our community so special.

This year has been filled with laughter, milestones, and moments of connection that remind us of the vibrant community we have here. From joyful celebrations to quiet conversations, each of you

has brought something unique to our village. Together, we've tackled challenges with resilience and hope, proving that no matter what comes our way, we are stronger together.

As we step into the new year, let us look forward with excitement and gratitude. A new year means new opportunities to create memories, explore hobbies, and strengthen friendships. It's also a time to cherish the present moment and honor the legacies we continue to build.

Let us embrace 2025 with open hearts, ready to make it another year to remember.

With warmest wishes and gratitude,

Pauline Donovan
General Manager



A Message From Recreation

Dear residents, team members, and families,

To quote poet Geoffrey Chaucer, “All good things must come to an end.” It’s here I want to say thank you for giving me the most wonderful 9.5 years here at Arbour Trails. Working here has been an incredibly rewarding experience and I’m so thankful for the opportunity to have been a part of this community.

I’ve had the privilege of working alongside such compassionate, dedicated individuals, and together we’ve created a space where our residents felt loved, cared for, and valued. I’ll carry with me the memories of the many heartwarming moments, laughter, and the deep connections I’ve made with both staff and residents.

Although it’s hard to say goodbye, I leave with a heart full of gratitude for all the support, kindness, and teamwork we’ve shared. I’ll always cherish the lessons I’ve learned and the friendships I’ve made during my time here.

Thank you all for being part of my journey. I wish you all the best in the future and will always hold this place and the people in it close to my heart.

Warmest regards,

Victoria Ritchie



Dining News



Event	Date	Time	Location
Food Committee Meeting	Friday, January 3	2:30 p.m.	The Library
Robbie Burns Day Dinner	Wednesday, January 22	Your usual dining seating	The Dining Room
Chinese New Year Dinner	Wednesday, January 29	Your usual dining seating	The Dining Room

Dining Room Reservation Info:

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

**To make a reservation, please contact our reservation number at:
(519) 836-2464.**

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, Michelle, 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!



JANUARY 2025!



Happy New Year Arbour Trails! We hope you all had a safe and happy holiday season. Now that it's the New Year, we are looking ahead to see what 2025 may have in store! Please take a moment to provide feedback on the **Program for Active Living (PAL)** at Arbour Trails. We look forward to using YOUR feedback to advance, improve, and modify our program to best serve our residents. Give us your thoughts below so we can make 2025 a great year for the PAL Program! Please tear this page out and bring to the Fitness Centre so we can review your thoughts.

What exercise class currently offered by PAL would you like to see more of?

Please rank your interest in the following exercise classes on a scale of 1-5.

(1=Not Interested, 5 = Very Interested)

Line Dancing: Floor Mat Exercise: Walking Club:
Aqua Fit/ Swimming: Resistance Band Class: Zumba / Aerobics:
Other: _____

Which area(s) of your physical fitness do you wish to improve most?

(Examples: Endurance, Mobility, Strength, Balance, OTHER – explain!)

Thank you for your feedback! We can't wait to see what 2025 holds for the PAL Program at Arbour Trails! As always, please reach out to Miranda or Megan with any questions about the PAL program or if you need assistance with mobility devices at ext. 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

Total Body Bootcamp (FC):
Open to All

In Memoriam

Doreen Bell
Agnes “Nan”
David
Margaret Ellis

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

Welcome to a brand-new year! After the rush of the Christmas season, January gives us time to reflect on the past year and look forward to the year ahead! Some people look ahead by making resolutions while others just take each day as it comes!

With my return to Arbour Trails in early 2024, the past year has included the opportunity to re-connect with life in the Village as well as meet many new friends! It was also great to welcome Philip Gearing to the spiritual care team!

While Philip and I get to “meet and greet” many of you at programs, both of us are also available for personal visits and/or even a casual chat over coffee. We would love to get to know you and support you however needed in your spiritual journey!

One of us is generally onsite from Tuesday to Thursday each week as well as Sunday afternoon; and of course, we are available if needed for emergency situations. Please call extension 845 if you’d like to schedule a visit and/or drop by the chapel.

“Carpe Diem” is a Latin word meaning “seize the day.” While we don’t know what tomorrow holds, we can seize the opportunities of each day by looking for the blessings that are all around us. They may seem small or even hidden at times, but the blessings are there and they can spur us along to see new hope and experience gratitude each day.

Ralph Waldo Emerson said, “Write it on your heart that every day is the best day of the year.” Wishing you many blessings in 2025!

Beverleigh Broughton
Chaplain (ext. 845)

Pick-up a detailed list of this month’s Spiritual Care programming outside the Hobby Shop and Chapel!

Village Life *Transportation & 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**

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?

Come to the monthly outings meeting!



Next meeting:
Tuesday,
January 7
at 2:30 p.m.
in the Hobby Shop

Open to all

Village Life *Last Month in Photos*



Top: Neighbourhood Christmas dinners, Salvation Army Christmas Carols, and festive flower arranging.
Middle: Celebrating National Christmas Sweater Day & making gingerbread houses.
Bottom: Christmas Cards from students at Willow Road Public School, Guelph.

Village Life

LIVE Entertainment

New Horizons Big Band

Monday, January 6
at 2:30 p.m. in Town Hall

An Evening of Robbie Burns with Katie Lammert & David Murray

Wednesday, January 22
at 7:30 p.m. in Town Hall

Alzheimer's Awareness Month Fundraiser Ft. Katie Lammert

Wednesday, January 29
at 3:30 p.m. in the Main Floor Café

"A Record Day" Band

Friday, January 31st
at 2:30 p.m. in Town Hall



Vendors

Cameron Cards

Tuesday January 7
From 10:30-2
in Town Square

Creations Boutique

Tuesday January 14
From 10-2
in the Hobby Shop



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 *January Happenings*

National *Hugging Day*



Tuesday,
January 21

Feel the presence of love,
wrapped up in a hug!



Celebration of Life

Tuesday, January 21
at 2:30 p.m.
in Town Hall

This service will honour
residents who passed away from
June 2024 - December 2024

All are welcome

An Evening of Robert Burns

With David Murray &
Katie Lammert



Wednesday, January 22
at 7:30 p.m.
in Town Hall



The Residents' Council
Executive Presents:

Alzheimer
Society

WATERLOO WELLINGTON

Fundraiser

Wednesday, January 29

Guest Speaker

at 2:30 p.m.
in Town Hall

Coffee Break

at 3:30 p.m.
in the Main Floor Café
ft. Live music with
Katie Lammert

COFFEE  BREAK
Alzheimer Society

Village Life—Message Board

A Message from the VBA Grounds Team

To ensure safe and efficient sidewalk clearing in front of Arbour Trails and the Alisa Craig Neighbourhood, we kindly ask for your cooperation.



Residents, family members, and visitors: Please avoid parking your vehicles over the curb. Your assistance helps us maintain clear and accessible pathways for everyone. Thank you for your understanding and support!

A Message from the Main Office: A Volunteer Oppourtunity!

The Main Office is still looking for residents who are interested in helping with mail delivery for Williamsburg, Egerton, and Becker East.

If you'd like to volunteer, please let us know. We appreciate your willingness to help keep things running smoothly. Thank you for considering this opportunity!

Michelle Lippert
Administrative Assistant
Ext. 801

Important Reminder: Respecting Resident Newspaper Subscriptions

A reminder not to take newspapers from the Main Floor Café unless they're part of your personal subscription. These papers are paid for by residents and labeled with suite numbers. Subscriptions are managed independently, so please respect these arrangements.

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



Thank you for your cooperation!

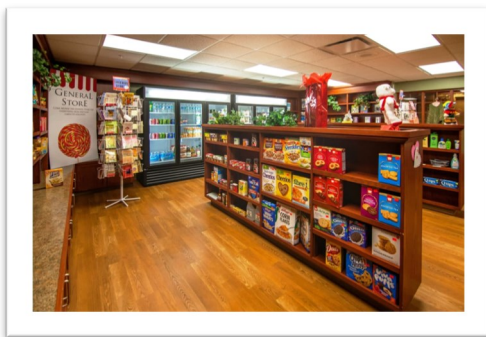
Village Life

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
f Big Smiles Mobile Dental Hygiene

Guelph Public Library Bookmobile

Wednesday, January 15 & 29
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!

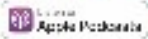


Stories from the **GREEN BENCH** Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Cleaning and disinfecting

- The 'how' and the 'how often' we clean and disinfect in healthcare settings is important.
- The increased risk of infection transmission in these settings means that cleaning and disinfecting surfaces, items and equipment correctly is an important way to protect everyone.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy



Join the
CELEBRATION

#ElderWisdom 10th Anniversary

Resident submission

Village residents!

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!

From these submissions, we'll select a few special locations where residents and the Green Bench will travel in 2025.

While we won't be able to visit all the locations submitted, we greatly appreciate every story shared. Some may be featured in our anniversary celebrations throughout the year.



SUBMIT



DEADLINE

Submit by **Friday, January 10, 2025**

QUESTIONS?

Contact **Ted Hudson** at 519-496-5984 or ted.hudson@schlegelvillages.com



#ElderWisdom

Schlegel Villages – CONNECTIONS

GRAND SLAM OF CURLING

Limited spots available

Schlegel Villages' Day

Thursday, January 16

11:30 a.m. | Sleeman Centre, Guelph

Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.



January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

Interested in attending?

Reach out to the director of recreation or general manager at your Village.

We hope to see you there!



**#ElderWisdom
10th Anniversary**

Resident submission

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!



Deadline for submission is **Friday, January 10, 2025**

Schlegel Villages – CONNECTIONS



Alzheimer's Awareness Month

January marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

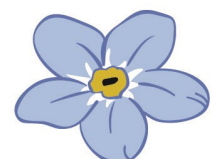
People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at the-ria.ca/resources/words-of-wisdom

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

January 6 – “A Beautiful Mind” (2001)

A mathematical genius, John Nash made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a harrowing journey of self-discovery.

2h15m

Cast: Russell Crowe, Ed Harris, Jennifer Connelly

January 13 – “A Woman in the Window” (1944)

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

1h47m

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

January 20 – “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?

1h37m

Cast: Paul Hogan, Linda Kozlowski, John Meillon

January 27 – “The Theory of Everything” (2014)

Stephen Hawking gets unprecedented success in the field of physics despite being diagnosed with motor neuron disease at the age of 21. He defeats awful odds as his first wife Jane aids him loyally.

2h3m

Cast: Eddie Redmayne, Felicity Jones, Tom Prior

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

January 2 – “My Cousin Vinny” (1992)

Two New Yorkers accused of murder in rural Alabama while on their way back to college call in the help of one of their cousins, a loudmouth lawyer with no trial experience.

2h

Cast: Joe Pesci, Maria Tomei, Ralph Macchio

January 9 – “Our Souls at Night” (2017)

Fonda and Redford star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.

1h43m

Cast: Robert Redford, Jane Fonda

January 16 – “High Society” (1956)

With socialite Tracy Lord about to remarry, her ex-husband – with the help of a sympathetic reporter – has 48 hours to convince her that she really still loves him.

1h51m

Cast: Bing Crosby, Grace Kelly

January 23 – “One Flew Over the Cuckoo’s Nest” (1975)

In the Fall of 1963, a Korean War veteran and criminal pleads insanity and is admitted to a mental institution, where he rallies up the scared patients against the tyrannical nurse.

2h13m

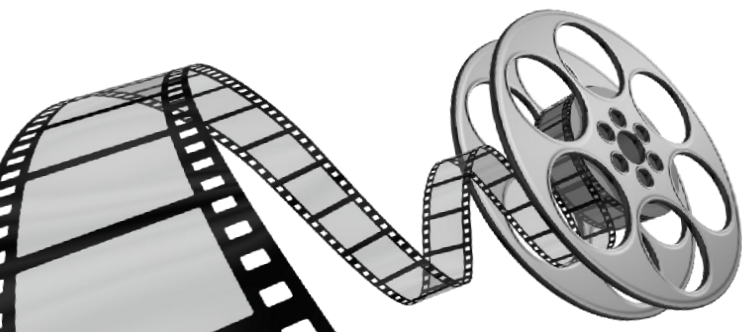
Cast: Jack Nicholson, Louise Fletcher

January 30 – “The Return of Pink Panther” (1975)

Inspector Jacques Clouseau is put on the case when the Pink Panther diamond is stolen, with the Phantom’s trademark glove the only clue.

1h53m

Cast: Peter Sellers, Christopher Plummer, Catherine Schell



Brought to you by
the Arbour Trails
Movie Crew



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

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

January 3 – “Herself” (2022)

A young mother escapes her abusive husband and fights back against a broken housing system. She sets out to build her own home and, in the process, rebuilds her life and re-discovers herself.

1h37m

Cast: Molly McCann, Clare Dunne, Ruby Rose O’Hara

January 10 – “The Peanut Butter Falcon” (2019)

Zak, a man with down syndrome, runs away from a residential nursing home to pursue his dream of becoming a wrestler. Later, he meets with an outlaw who becomes his friend and coach.

1h37m

Cast: Zack Gottsagen, Ann Pierce, Dakota Johnson

January 17 – “Rescued by Ruby” (2022)

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby.

1h30m

Cast: Grant Gustin, Scott Wolf, Kaylah Zander

January 24 – “Top Gun Maverick” (2022)

The story involves Maverick confronting his past while training a group of younger Top Gun graduates, including the son of his deceased best friend, for a dangerous mission.

2h10m

Cast: Tom Cruise, Jennifer Connelly, Miles Teller

January 31 – “Maria” (2024)

Maria Callas, the world’s greatest opera singer, lives the last days of her life in 1970s Paris, as she confronts her identity and life.

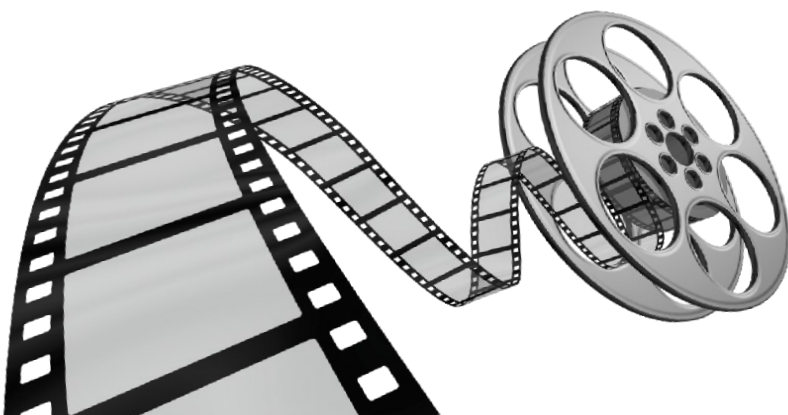
2h4m

Cast: Angelina Jolie, Pierfrancesco Favino, Alba Rohrwacher

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



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)		
Pauline Donovan	General Manager	803	pauline.donovan@schlegelvillages.com
Shannon Holmes	Assistant General Manager & Neighbourhood Coordinator for Becker West	823	shannon.holmes@schlegelvillages.com
Luisa McMaster	Director of Wellness	820	luisa.mcmaster@schlegelVillages.com
Diane Manalastas	Assistant Director of Wellness	877	diane.manalastas@schlegelvillages.com
Donna Hastings	Administrative Coordinator	802	donna.hastings@schlegelvillages.com
Michelle Lippert	Main Building Administrative Assistant	801	michelle.lippert@schlegelvillages.com
Lisa Stuart	Ailsa Craig Administrative Assistant	895	lisa.stuart@schlegelvillages.com
Rachel Kuipery	Director of Food & Hospitality	804	rachel.kuipery@schlegelvillages.com
Parry Mandalik	Interim Dining Room Supervisor	834	parikshit.mandalik@schlegelvillages.com
Anuj Solomon	Director of Environmental Services	829	anuj.solomon@schlegelvillages.com
Katie Lammert	Director of Recreation & Volunteer Services	807	katie.lammert@schlegelvillages.com
Nick Chambers	Director of Lifestyle Options	825	nicholas.chambers@schlegelvillages.com
Jenny Schaefer	Director of Lifestyle Options	837	jenny.schaefer@schlegelvillages.com
Marika Jach	Village Experience Coordinator	837	marika.jach@schlegelvillages.com
Jessica Rawlings	Neighbourhood Coordinator	805	jessica.rawlings@schlegelvillages.com
Manbir Kaur	Williamsburg & Becker East Neighbourhood Coordinator	819	manbir.kaur@schlegelvillages.com
Natalie Minnick	Ailsa Craig Neighbourhood Coordinator	872	natalie.minnick@schlegelvillages.com
Megan Wakefield & Miranda Timmerman	Program for Active Living (PAL) Coordinators	808	megan.wakefield@schlegelvillages.com miranda.timmerman@schlegelvillages.com
Beverleigh Broughton & Philip Gearing	Chaplains	845	beverleigh.broughton@schlegelvillages.com philip.gearing@schlegelvillages.com
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