



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.



FEBRUARY 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 2

Page 2: Resident Birthdays

Page 3: Village Messages

Page 7: Dining News

Page 8: Program for Active Living

Page 9: Village Life

Page 17: Schlegel Villages Connections

Page 19: Research Matters

Page 20: Monthly Movies

Page 22: Village Team Directory

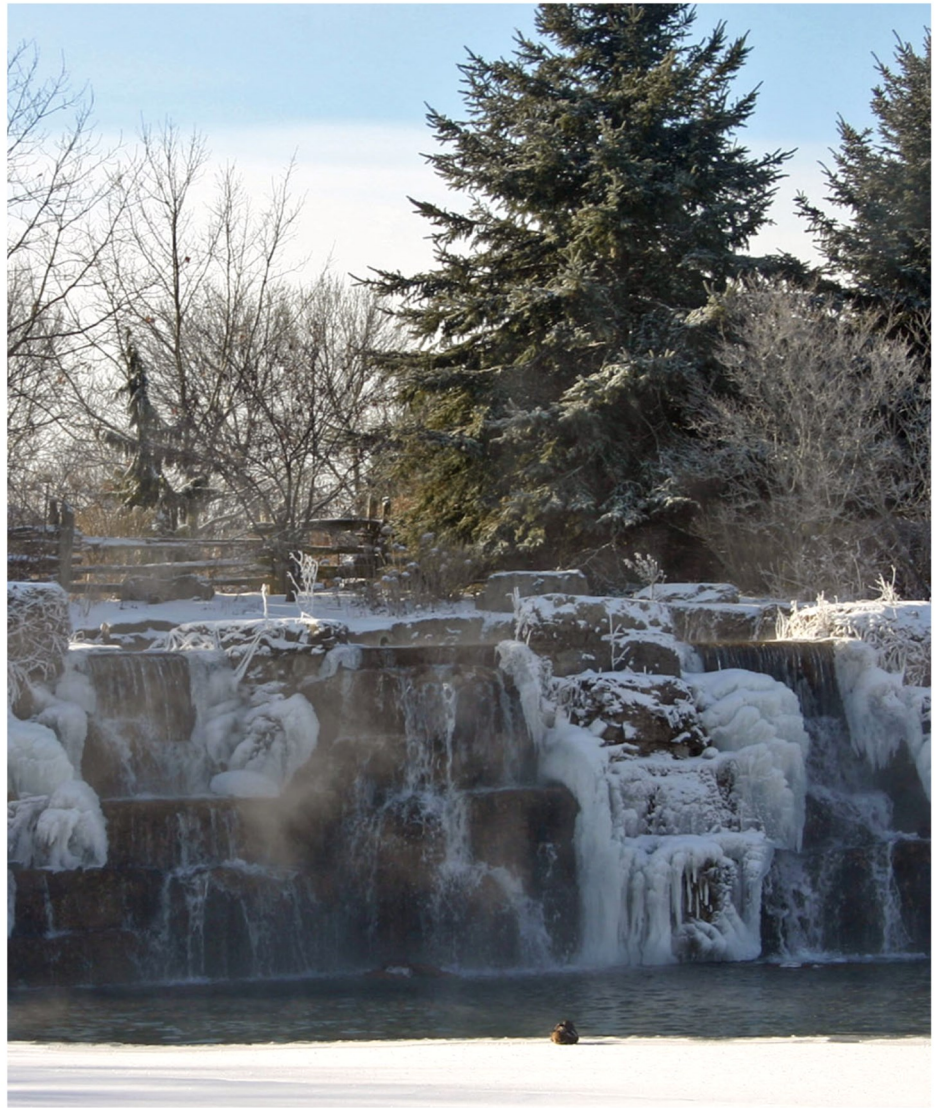


Photo: "Frozen Waterfalls" in the VBA submitted by a resident of Arbour Trails.





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



Hello Residents,

Well, what can I say? We have all been rather “sent to our rooms” over the past while due to this Norovirus outbreak. Certainly not a pleasant experience, and for those who managed to escape it, I hope you appreciate your good fortune.

We also need to recognize what the staff went through while looking after us—at times, their work was far from easy. The dining staff, in particular, faced challenges keeping track of who was sick and who was well. The team also came up with a great idea of keeping the store open for telephone orders. I hope you didn't get too used to that service, though we will continue to deliver items to you if you are unable to visit the store yourself. Thankfully, our shelves—though nearly bare of necessities for a time—are now back in better shape.

Our general meeting about Alzheimer's was also canceled, but we will try to fit it in later in the season. It's about time we get together again for a happy hour and enjoy some lovely songs. Music has a way of lifting our spirits and making everything feel a little brighter.

We can also look forward to celebrating Valentine's Day. Have you picked out your favorite Valentine yet? Remember how it was in school, hoping to receive a Valentine from your favorite classmate? Let's bring back a little of that nostalgia this year.

Since it was such a quiet month, I don't have much more to say. Stay well and let's look forward to a lively February!

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,

January has certainly brought its challenges, but I hope that by the time you read this, things have returned to normal, and you are once again enjoying time together as neighbors and as a community.

As we settle into the heart of winter, the VBA has been relatively quiet. However, as always, there is plenty happening behind the scenes. I'm pleased to share that the City of Guelph has agreed to implement an advanced left-hand turn into the village. In just a few months, drivers, families, and staff will feel a little safer when making a left turn into the fast-moving eastbound traffic on Stone Road.

Reid Heritage Homes is preparing the 2025 Satisfaction Survey, which will be released in March. We will ensure that printed copies are available and that you have ample time to complete the survey.

On Thursday, February 27, there will be a town hall meeting for VBARA members at 10:30 a.m. in Reid Hall. While the primary focus will be the ongoing review of our 100+ activity groups and standing committees, any concerns or topics are welcome for discussion. If you're able to attend, we encourage you to join us—we truly value your input.

Stay warm and be well!

All the best,

Pat Sorbara

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



A Message From The General Manager

Hello and Happy February!

I want to take a moment to thank everyone for their patience and understanding as we manage the seemingly never-ending norovirus outbreak. Your support and cooperation made a challenging time easier to navigate, and we are so grateful. As we look ahead, we're excited to spend time together in meaningful ways this month through fun activities and special events. Stay warm, and let's make this February one to remember!

Update to Happy Hour Programs Starting March 1st

We're making a small change to our Happy Hour programs to better allocate recreation resources while continuing to enhance programs for everyone.

What's Changing?

Starting March 1st, there will be a small charge for drinks during regular Happy Hour programs:

- \$3 for wine or beer
- \$4 for mixed drinks
- \$1 for pop

Residents can pay with cash or through their trust account.

What's Staying the Same?

Special events and parties will remain free of charge for alcohol, so we can continue celebrating together without any extra cost. Happy Hour will continue to be a time for fun, music, and socializing!

Where Does This Apply?

This change applies to residents in the Ailsa Craig, Becker, and Williamsburg neighborhoods.

We appreciate your understanding and support as we work to maintain and improve our recreation programs. If you have any questions, please don't hesitate to reach out.

Pauline Donovan
General Manager



In Memoriam

Mary Harkness
June Howard

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.

Spiritual Care Leads

Beverleigh Broughton:

Email: beverleigh.broughton@schlegelvillages.com

Philip Gearing:

Email: philip.gearing@schlegelvillages.com

Chaplains will be in the Village
Tuesdays, Wednesdays,
Thursdays, and varying
Sunday afternoons.

Phone: (226) 251-3065
Ext. 845

Set Your Hope in Raccoons and Roses

Ssshh... let's enter February quietly, with one eye set on the coming spring.

I was blessed to spend ten years working with nuisance wildlife in central and northern Ontario, living in tune with the rhythms and cycles of nature. Saint Paul said that God can be found in the created world, and he was right—there is great wisdom in nature.

In our part of the world, February is a time of deep rest and hibernation. All of our wild animals—from skunks and raccoons to deer and black bears—enter a period of reduced metabolism, a “long winter’s rest.” Likewise, plants and trees make no effort to grow during the short days of February. We, too, as creatures, are deeply hardwired to rest at this time of year. I encourage you to embrace the quiet, the stillness, and the natural pause of winter. Rest through the howling winds and falling snow.

For raccoons, roses, and for you and me, this winter rest is nature’s way of preparing us for the vitality of spring. So, rest, my friends, confident that we are being readied for the abundance of new life that awaits. Set your hope in the visible patterns of nature—life, death, and life anew.

Speaking of roses, take a moment to listen to “The Rose” by Bette Midler. It’s such a beautiful song for February. She sings...

*Just remember in the winter
Far beneath the bitter snows
Lies the seed that with the sun's love
In the spring becomes the rose*

Chaplain Phil

Dining News



Event	Date	Time	Location
Food Committee Meeting	Friday, February 6	2:30 p.m.	The Library
Valentine's Day Dinner	Friday, February 14	Your usual meal seating	The Dining Room

Hospitality Department Update:

We're excited to welcome Mariana back to the team! She will be supporting the Hospitality Department alongside Sam Olsen from the Support Office during the interim period while we recruit for the Director of Hospitality and Dining Room Supervisor roles. **For any dietary or hospitality-related concerns, please reach out at extension 804.** We look forward to working with both Mariana and Sam!

Catering Services Update:

Please be advised that the Hospitality Department will not be providing any catering services at this time. We apologize for any inconvenience this may cause.

If you have any questions or require further information, please do not hesitate to reach out to extension 804. Thank you for your understanding.

Guest meal pricing

While we request 24 hours' notice for guest meals, when possible, we will make every effort to accommodate last-minute requests.

	Retirement
Breakfast	\$10.50
Lunch	\$16.80
Dinner	\$19.95





Program For Active Living (PAL) Corner!

February

Happy February Arbour Trails! February is National Heart Month! Heart and cardiovascular health are topics of increasing importance when it comes to aging and senior living. Cardiovascular fitness refers to how well the heart, lungs and blood vessels can work together to distribute oxygen through our blood to the rest of the body! Benefits of improving cardiovascular fitness include improved blood pressure, cholesterol levels, brain function, and quality of life! Research shows we need at least 150 minutes of moderate aerobic exercises every week for optimal heart health. This is equal to about 30 minutes of exercise 5 times per week.

Below are some ideas for your next workout:

- ♥ **A brisk walk** – A 10 to 15-minute walk twice a day, such as after lunch and after dinner, is a great way to stay active.
- ♥ **Exercise class** – Our 30-minute classes target multiple muscle groups and workout types. Try our new Balance Class on Saturdays at 2:30 PM—designed to improve balance and get your heart rate up!
- ♥ **NuStep Machine** – Aim for 20 minutes daily at resistance level 3.
- ♥ **Drum Fit** – Join us Thursdays and Sundays in the Fitness Center for this fun, rhythmic workout.
- ♥ **Dancing** – Who doesn't love to dance? Get moving and have fun!

As always, if you have any questions about at home programs or concerns regarding mobility equipment give us a call at ext. 808.

Megan Wakefield & Miranda Timmerman
Program for Active Living (PAL) Coordinators
Phone: 226-251-3065 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
New! Balance Class:
2:30 p.m. — Open to All (FC)

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

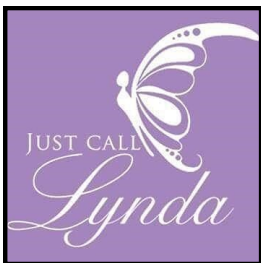
2:15 p.m. — Front Entrance

2:20 p.m. — Ailsa Craig
Main Entrance

IMPORTANT:

The schedule is subject to change. See the sign-ups for updates.

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,
February 11
at 3:45 p.m.
in the Hobby Shop

All are welcome!

Village Life *Entertainment & Vendors*

LIVE Entertainment

Piano with Karen Guitard

Tuesday, February 4 & 18
at 10:30 a.m. in Town Square

Valentine's Day Social with Entertainment by Katie Lammert

Friday, February 14
at 3:00 p.m. in Town Square

Alchemy Unplugged

Wednesday, February 19
at 3:00 p.m. in Town Hall

A Record Day Combo

Friday, February 21
at 2:30 p.m. in Town Hall

New Year Social with Entertainment by Andy De Campos

Monday, February 24
at 3:00 p.m. in Town Square



Vendors

Creations Boutique

Wednesday February 12
from 10-2
in the Hobby Shop

Cameron Card Creations

Tuesday, February 18
from 10:30-2
In Town Square

Adrian's Fashions

Friday, February 28
from 10-2
in the Hobby Shop



Happy Hour!

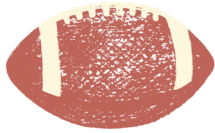
Featuring LIVE music with Arbour Trails
resident "Bill Parker"

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

(see daily boards for updates or changes)

Village Life *February Happenings*

SUPER BOWL SUNDAY SNACK STAND



Sunday, February 9
at 3:30 p.m.
in Town Square

**Dress in your
favourite Jersey!**

Annual "Day in Paris" Valentine's Day Social

Friday, February 14

at 3:00 p.m.
in the Egerton &
Main Floor Cafés

**With Live Entertainment by
Katie Lammert**

Wear pink or red
to celebrate the day
of love!



Family Day

Board Game Café

Monday, February 17
from 2-4
in the Egerton and Main
Floor Cafés

With assorted baked
goods and hot
chocolate!

An Evening of Robert Burns

**With David Murray &
Katie Lammert**



**Tuesday, February 18
at 7:30 p.m.
in Town Hall**

Village Life *February Happenings*

New Year Social

(Rescheduled from New Year's Eve)

Monday, February 24
at 3:00 p.m.
in Town Square

With Live Entertainment by:

Andy De Campos



PINK SHIRT DAY

BAKE

Sale

a fundraiser for CKNW
Kids' Fund

WEDNESDAY, FEBRUARY 26
FROM 10-12
IN TOWN SQUARE

Wear pink to show
your support!

In support of
**Hope House
Guelph**



cnoy.org/donate

Want to go for a walk?

Saturday
February 22
10 a.m. | Café

Join us for the **Coldest Night of the Year**
fundraising walk around our Village.

Looking to make a difference
without hitting the pavement?

Kindly donate by scanning the QR code or visit the
website and search for our team: **Arbour Trails Blizzards**

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

Canada Post has increased the cost of stamps:

- **Canadian stamp** = \$1.25 for 1 stamp and \$14.10 for 10 stamps (up to 30g)
- **U.S. stamp** = \$1.75 (up to 30g)
- **International stamp** = \$3.65 (up to 30g)

The U.S. and International stamp prices are based on the Canada Post website and may vary depending on size and weight when using our small scale in the Village Office.

For items we can't process here, please visit a Canada Post Depot directly.



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!

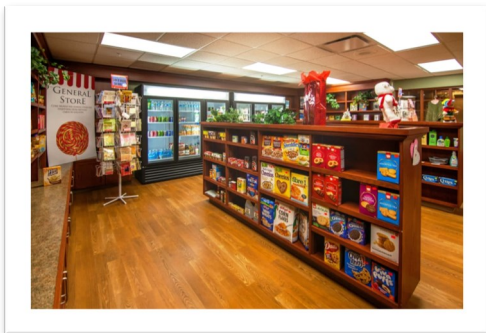
Village Life

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

 Big Smiles Mobile Dental Hygiene

Guelph Public Library Bookmobile

Wednesday, February 12 & 26
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!

Village Spotlight Series

Do you have a special
talent, skill, or passion?

We want YOU in our monthly Village Spotlight!

Whether you're an artist, musician, storyteller, baker, crafter, or unique hobby - we'd love to share your story with the community.

Interested?

Call Katie at 226-251-3065 x 807

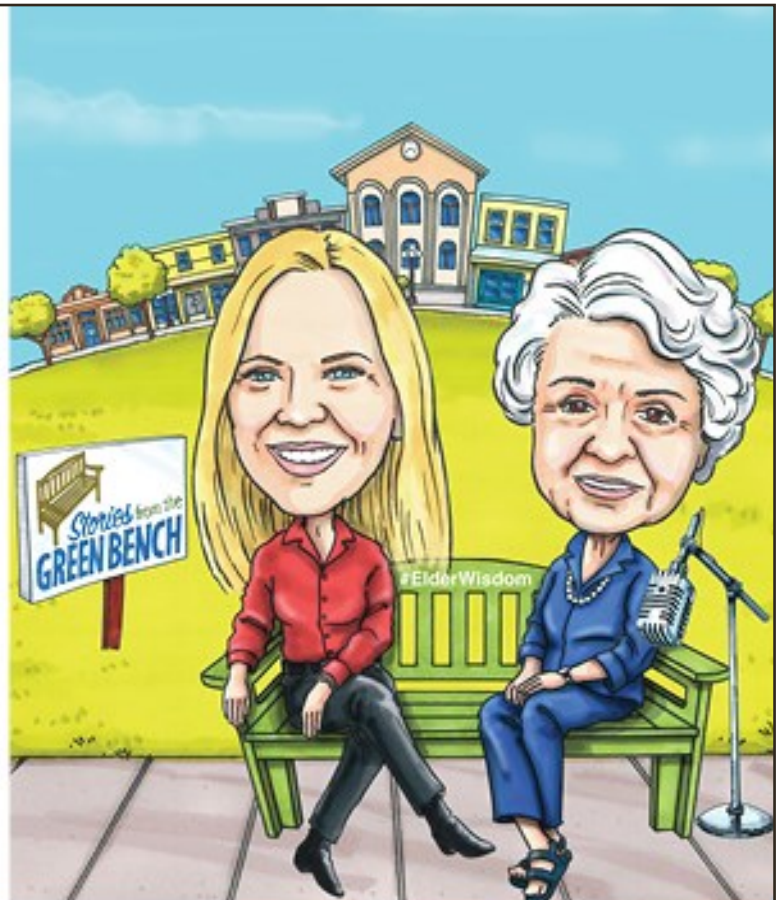
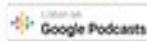
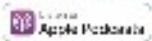


Stories from the
GREEN BENCH
Podcast

Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Aspiration LAUNCH

Nearly 15 years ago, Schlegel Villages began a focused effort to transform and reshape the way care and support is offered for the residents who make their home in the Villages. This deliberate shift away from an “institutional model of care” towards what we define as a “social model of living” has always been guided by **eight aspirations**, developed collaboratively with the early pioneers of our change journey.

The aspirations are to:

- Create Opportunities for Meaningful and Shared Activities;
- Foster Authentic Relationships;
- Promote Resident Empowerment;
- Honour Cultural Diversity;
- Connect Research and Innovation to Village Life;
- Offer Flexible Dining;
- Promote Cross-Functional Teams;
- Offer Flexible Living.

Throughout the Villages, we see these aspirations come to life in countless ways, but through 2025, as an organization we have chosen to



focus on one aspiration in particular: **Create Opportunities for Meaningful and Shared Activities**. Later in February, expect to see team members throughout the Villages wearing their special aspiration t-shirts, and we encourage everyone to consider what this aspiration means to each one of us.

What activities are meaningful to you and how can our team members, residents, family members and partners consciously embrace the moments that can help spread that meaning so we can learn from each other and create lasting impact and memories? Life within our Villages is best defined by the relationships we enjoy within, and when we share what’s meaningful to us, our relationships grow stronger and more defined.

Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK HISTORY MONTH

Honouring our vast cultural diversity within the Villages is an aspiration that guides us every day, and the celebration of Black History Month in February is another opportunity to reflect on the importance that diversity represents.

We encourage our team members and residents across the Villages to take advantage of the educational opportunities shared throughout the month, and we'd love to hear what more we can do to honour the inspirational legacy of the black community in our Villages and in the wider Canadian context.

We recognize that true equity is a goal we must all work together to achieve, and within our Villages we have residents and team members who represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

How to have a healthy heart

February is Heart Month, a time to raise awareness about the importance of heart health.

Heart disease is a leading cause of death in Canada. While family history can play a role, other factors can harm your heart health.

Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, shared simple ways to keep your heart healthy and strong, as well as warning signs to look out for.

What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand in hand. Include physical activity and good nutrition every day to keep your heart healthy. A strong heart will help you heal after an injury or illness.

What activities are best for improving heart health?

Walking at least 30 minutes every day. Be sure to include stair climbing, uphill, or faster walking at least 5 days per week. Challenge yourself to do more than you did last week, and if possible, avoid long periods of sitting, immobility, or bed rest.

What warning signs should older adults and care partners look for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart trouble. Some problems with heart health,



such as high blood pressure, are not obvious, so it is important to check in with your doctor or nurse practitioner regularly.

What does your research seek to understand when it comes to heart health?

My research focuses on the arteries, which move blood through the body and also help with memory and thinking. Everyone's arteries get stiffer as they age, but not everyone's arteries get stiffer at the same rate. Exercise and good nutrition help keep arteries "younger."

Taking care of your heart is one of the best investments you can make in your health.

Try adding these five foods to support heart health:

1. Almonds
2. Dark chocolate
3. Wheat germ
4. Flax seeds
5. Lentils and beans

For more information about aging well visit the-ria.ca.

Brought to you by
the Arbour Trails
Movie Crew



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

Celebrating Black History Month
Wednesdays at 2:30 p.m. & 7:30 p.m.
in Town Hall

February 5 – “Guess Whose Coming to Dinner” (1967)

A White couple's attitudes are challenged when their daughter introduces them to her Black fiancé.

1h 48m

Cast: Spencer Tracy, Sidney Poitier, Katharine Hepburn

February 12 – “The Six Triple Eight” (2024)

During World War II, 855 women joined the fight to fix the three-year backlog of undelivered mail.

Faced with discrimination and a country devastated by war, they managed to sort more than 17 million pieces of mail ahead of time.

2h 7m

Cast: Kerry Washington, Ebony Obsidian, Milauna Jackson

February 19 – “Selma” (2014)

A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.

2h 8m

Cast: David Oyelowo, Carmen Ejogo, Oprah Winfrey

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

February 7 – “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.

1h 51m

Cast: Bing Crosby, Grace Kelly, Frank Sinatra

February 14 – “Sleepless in Seattle” (1993)

A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner.

1h 45m

Cast: Tom Hanks, Meg Ryan, Ross Malinger

February 21 – “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.

2h 10m

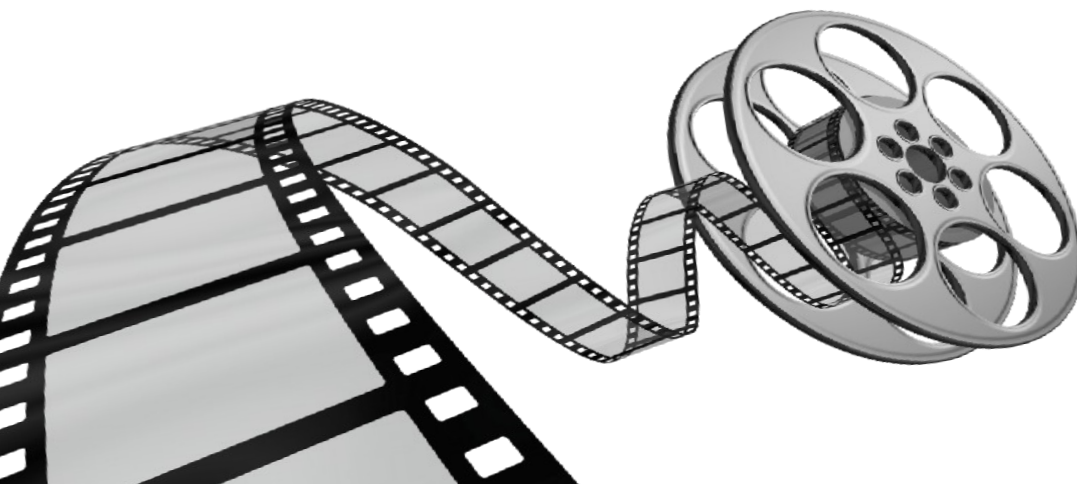
Cast: Tom Cruise, Jennifer Connelly, Miles Teller

February 28 – “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.

1h 30m

Cast: Grant Gustin, Scott Wolf, Kaylah Zander



Brought to you by
the Arbour Trails
Movie Crew



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

Saturday Movie Matinees
at 2:30 p.m.
in Town Hall

February 1 – “The Third Man” (1949)

Pulp novelist Holly Martins travels to shadowy, postwar Vienna, only to find himself investigating the mysterious death of an old friend, Harry Lime.

1h 44m

Cast: Orson Welles, Joseph Cotton, Alida Valli

February 8 – “Crocodile Dundee” (1986)

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.

1h 37m

Cast: Zack Gottsagen, Ann Pierce, Dakota Johnson

February 15 – “Goldfinger” (1964)

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

1h 30m

Cast: Grant Gustin, Scott Wolf, Kaylah Zander

February 22 – “Peanut Butter Falcon” (2019)

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.

2h 10m

Cast: Tom Cruise, Jennifer Connelly, Miles Teller

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 welcome!

**If you have any movie suggestion,
please reach out to the
movie crew.**



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
	Director of Food & Hospitality	804	
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	827	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