



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.



MARCH 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 3

Page 2: Resident Birthdays

Page 3: Village Messages

Page 7: Dining News

Page 8: Program for Active Living

Page 10: Village Life

Page 19: Schlegel Villages Connections

Page 21: Research Matters

Page 22: Monthly Movies

Page 24: Village Team Directory



Photo: Amaryllis in full bloom, bringing a touch of spring to the village greenhouse this February.





Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*



A Message From Residents' Council



Dear Residents,

I am sure we all feel much better now that Norovirus is behind us. It was a long six weeks. We must show our appreciation to all the staff for taking such good care of us. I am sure they faced some difficult moments, just as we did.

Let's hope we are past everything now and continue to stay well.

It was wonderful to be able to socialize again, dine together, and chat. On Valentine's Day afternoon, we gathered in the Café to enjoy music. We were treated to familiar songs, beautifully sung by Katie, whose lovely voice and own accompaniment made the performance even more special. Following the entertainment, the Dining Room staff surprised us with a beautifully set space, complete with long white tablecloths, red napkins, and a red rose on each table. We were thoroughly spoiled with a lovely dinner, followed by a delicious dessert. The service and meal were exceptional, and we sincerely thank them.

On February 26th, the monthly general Residents' Council meeting was held and well attended. Pauline led the meeting, covering several important topics and introducing the various team leaders. This was especially fitting as Leticia Damas, our new Director of Hospitality, had started the previous Monday. We wish her all the best in her new role. Thank you, Pauline.

You can look forward to our March meeting, where Tim Blevins, CEO of Reid's Heritage Homes, will outline the history behind the creation of the Village by the Arboretum up to the present day. It promises to be a fascinating talk, and I encourage you to attend.

Until then, stay safe and well—spring is coming!

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,

Recent events have reminded us how proud we are to be Canadian—even as we face the challenges of winter. I look forward to a warm July 1st, when we celebrate our national pride.

As I mentioned in my last message, Reid Heritage Homes will conduct its 2025 Satisfaction Survey later this March. The survey is designed to gather your thoughts on the grounds, the Village Centre, and other community areas. We encourage everyone who appreciates these aspects of our village to participate. Lyn McLeod and I are working with the Schlegel team to ensure all interested residents are informed about the survey and have ample time to complete it.

On March 4th, a town hall meeting for residents will be held at Reid Hall, starting at 1:30 p.m. While the discussion will focus on the ongoing review supporting our more than 100 activity groups and standing committees, any issue can be raised. Please consider attending, as we truly value your input.

I also look forward to the Arbour Trails General Meeting of the Residents' Council on March 26th and hope to see you there.

Spring is coming!

All the best,

Pat Sorbara

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



A Message From The General Manager

Dear Arbour Trails Community,

New Visitor Sign-In Process

We're excited to share that we've partnered with Accushield, to introduce a new sign-in and sign-out system for residents and visitors.

What's New?

Easy Sign-In/Out: Use the new kiosks located at:

- Library at the Main Entrance
- First-floor elevators (West Wing)
- Main Entrance in Ailsa Craig
- Ailsa Craig underground parking lot entrance

Quick Mobile App Option: Download the Accushield Mobile App from the Apple Store or Google Play for a fast QR code sign-in experience after your first registration.

Name Badges: Visitors will receive a printed badge for easy identification during visits.

Support During the Transition:

Resident Training Sessions: Coming soon to help residents feel confident using the new system.

On-Site Assistance: Team members will be available to help during the initial transition period.

Why This Matters:

This system helps us track visitors, enhancing safety as well as supports our fire safety plan.

Please note: During the transition, the old sign-in/out process will remain available to ensure a smooth changeover.

Thank you for helping us keep our village safe and secure!

Pauline Donovan
General Manager



In Memoriam

Norm Hunter
Andy Kozakavich
Tom Wright
Arthur Lee
Hilja Inch
Ross Ferguson
Joy Hartshorn

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:

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

We wait and hope for its arrival—the warmer days of spring!

It may not look like it now, but beneath the blanket of winter snow, new life is waiting to burst forth. The first day of spring arrives on March 20th!

Spring is my favorite time of year. I love watching for the first signs of life in the garden and enjoying more time outdoors. I also take the opportunity to refresh my home with some extra cleaning, and of course, I'm always glad to put away the heavy coats and boots for another year. But more than anything, I cherish the sense of renewal and hope that this season brings.

Many cultures recognize the spring equinox as a time to celebrate the regeneration of life. Spring celebrations such as Passover and Easter remind us of the profound connection between faith and the promise of new beginnings.

Spring invites us to embrace themes of renewal and hope. What do these themes mean to you? Take a moment to reflect on the deeper significance they may hold in your spiritual life.

How do renewal and hope manifest in your life? Do you find renewal through practicing gratitude or in moments of quiet reflection and prayer? Do you experience it while walking in nature or connecting with family and friends?

As we step into this new season, filled with the promise of life and hope, may your spirit be refreshed by *the Hymn of Promise*,

In the bulb there is a flower; in the seed, an apple tree;
In cocoons, a hidden promise: butterflies will soon be free!
In the cold and snow of winter there's a spring that waits to be,
Unrevealed until its season, something God alone can see.

There's a song in every silence, seeking word and melody;
There's a dawn in every darkness, bringing hope to you and me.
From the past will come the future; what it holds, a mystery,
Unrevealed until its season, something God alone can see.

Blessings,

Beverleigh Broughton
Chaplain (ext. 845)

**Pick-up a detailed list of this month's Spiritual Care
programming outside the Hobby Shop or Chapel!**

Dining News



Event	Date	Time	Location
Shrove Tuesday Pancake Lunch	Tuesday, March 4	Your Usual Lunch Time	The Dining Room
Food Committee Meeting	Thursday, March 6	2:30 p.m.	The Library
St. Patrick's Day Specials	Monday, March 17	Your Usual Meal Times	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**

Catering & Room Booking Info:

For room bookings requiring catering, setup, or teardown, please provide at least 7 days' notice.

To book, contact our Administrative Assistant, Michelle, in the Main Office or call our reservation line. Our Dietary team will follow up to confirm details.

Thank you for your cooperation!

Guest meal pricing

Tickets are available for purchase at the Village Office.

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!



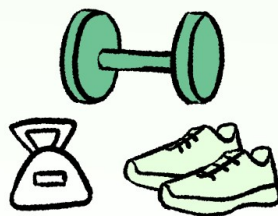
MARCH



Happy March Arbour Trails! We are excited to be out of outbreak (finally) and back to our regularly scheduled programming. We have a range of Exercise classes including Sitting or Standing classes, Free Weights, Stretching, Balance and more. Please see the Monthly Calendar and Today-Tomorrow boards for class times and daily updates.

If you have any questions about classes or at home programming please reach out to Megan and Miranda at ext. 808.

See you in the Fitness Centre!



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

Parallel Bars Balance Class:

2:30 — 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:

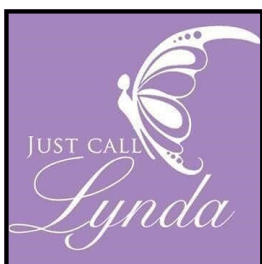
10:00 a.m. — Front Entrance

10:05 a.m. — Ailsa Craig
Front Entrance

2:15 p.m. — Front Entrance

2:20 p.m. — Ailsa Craig
Main Entrance

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:

Monday, March 10
at 2:30 p.m.
in the Hobby Shop

Everyone is Welcome!

Village Life *Last Month in Photos*



Top: Superbowl Sunday Fun!

Middle: Valentine's Day!

Bottom: Robert Burns Night, New Year Social, & Pink Shirt Day. Thank you to everyone who supported the Pink Shirt Day bake sale—We were able to raise \$120.00 for the CKNW Kids' Fund!



Village Life

LIVE Entertainment

Karen Guitard on Piano

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

Lyre Harpist “Ryan MacLeod”

Monday, March 10
at 7:30 p.m. in Town Hall

Traditional Folk Band

“Shepherd’s Knot”

Monday, March 17
at 7:30 p.m. in Town Square

Spring Fling Social with Katie Lammert

Thursday, March 20
at 3:00 p.m. in Town Square



Vendors

Cameron Card Creations

Tuesday, March 4
From 10:30-2:00
in Town Square

Creations Boutique

Wednesday, March 12
From 10-2
in the Hobby Shop

Suzanne M Jewelry

Thursday, March 27
From 10-2
in Town Square



Happy Hour!

**Featuring LIVE music with Arbour Trails
resident “Bill Parker”**

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

(see daily boards for updates or changes)

Village Life March Happenings

NUTRITION & AGING PRESENTATION: Tips for Healthy Living

With Guest Speakers
From the University of
Waterloo Research
Institute for Aging

**Monday, March 3
at 2:30 p.m.
in Town Hall**

Learn more about participating in the study they're
conducting called "Extending the validation and reliability
testing of SCREEN: A nutrition risk screening tool for
community-living seniors"



Celebration of Life

Tuesday, March 4
at 2:30 p.m.
in Town Hall

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

All are welcome



Daylight Savings Time

Sunday, March 9

Remember to set your
clocks 1 hour AHEAD



Spring Fling Social

With Music by Katie Lammert

Thursday, March 20
at 3:00 p.m.
in Town Square



Village Life *March Happenings*

Eat, **DRINK** *AND BE* **IRISH**

Come for the entertainment,
stay for the shenanigans!

Join us for a wee bit o' fun
at our annual pub crawl!

**Monday
March 17**

6:30–8:30 p.m.

Town Square, Social Club
and Egerton Café



Pro Musica presents

JAZZ CLASSICS

with John Sherwood and Friends

Sunday, March 23, 2025

3:00pm, Reid Hall

**Tickets: \$20 in advance
\$25 at the door**

Jazz standards from
Duke Ellington, Cole Porter
George Gershwin, Oscar Peterson
and many others

Transportation Available!



Don't miss this VBA
Pro Musica Jazz
Classics event!

Sign-up for transportation
outside the Hobby Shop or on the
Ailsa Craig Main Floor.

**For all ticket details, payment
information, and response
slips, please see your
Tree Talk Newsletter.**

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!

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.

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!

A Message from Recreation

A reminder that starting March 1st, drinks during regular Happy Hour programs will have a small charge to better allocate recreation resources while enhancing programs for all residents.

Prices:

\$3.00 for wine & beer

\$4.00 for mixed drinks

**Cash and Trust cards
will be accepted**

**Convenient & Secure:
Set Up a Trust Account!**

A trust account offers a safe, cash-free way to manage personal expenses at the Village. Residents and family members of residents can deposit funds into their account via cash or cheque and use their account funds at the Riverstone Spa, to purchase meals in the Dining Room, and to access cash.

Visit the Main Office for more information. Stay worry-free with this secure and convenient option!

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!

Volunteer in the Village!

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, and tidying the shelves



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



Barb Schlegel
Volunteer Award



Barb Schlegel was
an inspiring person
who lived her life with
gratitude, good humour
and a serving heart.



Nominate a volunteer

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.





THE THISTLE REPORT

DEATH OF JACKIE PAPER: TRIBUTE TO PETER, PAUL, AND MARY

By Karen Himmer, Resident of Arbour Trails

In early January, we lost Peter Yarrow of Peter, Paul, and Mary to cancer. In 2009, the world also mourned the loss of Mary Travers, who passed away from the same illness.

The trio defined an era in the 1960s, using their voices to support the Civil Rights Movement and the cause of justice. They also spoke out against the Vietnam War and played an important role in popularizing folk music. Their hit songs included *Puff, the Magic Dragon*, *If I Had a Hammer*, and the Bob Dylan classic *Blowin' in the Wind*, which they performed during the 1963 March on Washington led by Dr. Martin Luther King Jr.

Growing up in the sixties, I was profoundly influenced by their music, as were many in my generation. Like countless others, I mourn the passing of not just a musician, but an era.

May the *Jackie Paper* of *Puff, the Magic Dragon* rest in peace.

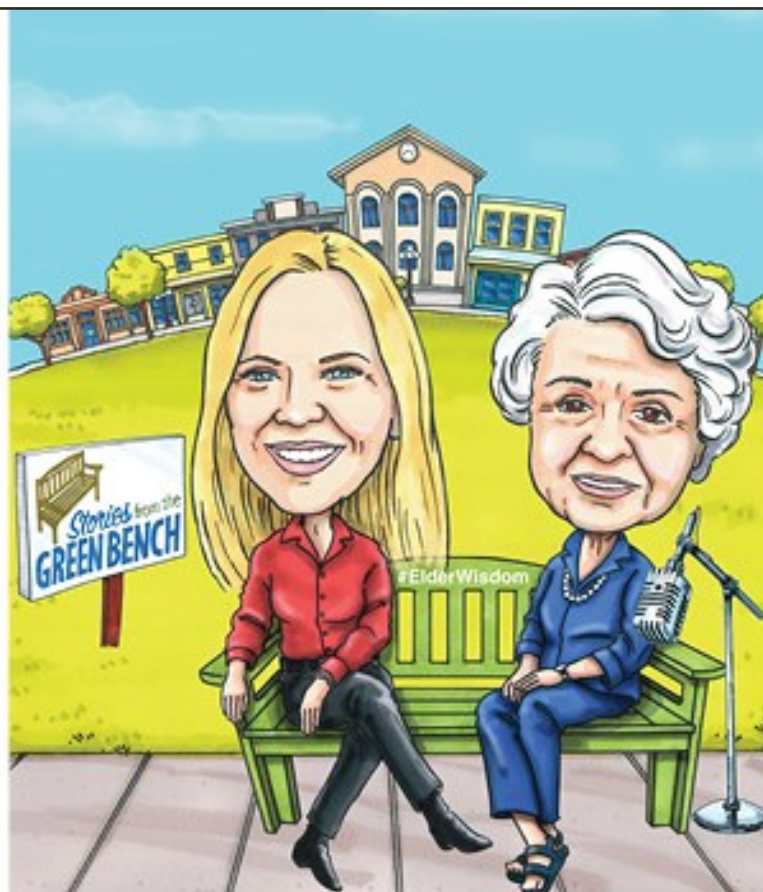


Stories from the
GREEN BENCH
Podcast

Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca



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

Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

Credo values – award categories



Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me



Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!
Voting ballots will be available in the Main Office between
Saturday, March 1 — Sunday, March 31.



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, March 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**



RiverStone
SPA AND SALON

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

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

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

On **March 8**, we celebrate the immeasurable impact of the women in our lives as we mark **International Women's Day**.

Within our Villages, women make up the majority of the population of both team members and residents, and we are forever grateful for the impact they have in our communities every day.

We also recognize March as **Nutrition Month**, and we wanted to pay special tribute to the many women who bring healthy and nutritious meals to the dining rooms of our Villages. They play such a vital role in the overall well-being of our residents, for they are essential in planning, preparing, and serving balanced meals that meet the needs of those we serve.

Through their dedication, they not only provide nourishment but also create a sense of comfort and care, bringing meaningful dining experiences to our residents every day.

SCAN TO LEARN MORE

about these five women,
their diverse career stories
and favourite recipes.



Alam Raymon
The Village of Humber Heights



Evelyn Marquez
The Village of Erin Meadows



Brigitte Swaby
The Village of Erin Meadows



Madelaine Sperry
Erin Mills Lodge



Starr Albino
The Village of Wentworth Heights



Schlegel Villages – CONNECTIONS

Celebrating our **CANADIAN ROOTS**



Over the past several weeks, we've seen worrisome trends in the relationship between Canada and the United States. With all the talk of tariffs and trade imbalances, however, we have seen a surge in pride in the values we celebrate as Canadians, and we've been feeling it through Schlegel Villages, as well.

For more than 70 years, our Schlegel Family has grown, beginning with humble roots at our first care home in London, Ontario.

Today, we are 18 Villages strong and we're looking forward to opening more in the coming years, beginning in late 2025/early 2026 with The Villages of Ridgeview Court in Milton and Millers Creek in Ajax.

The diversity we celebrate in our Villages is a representation of the diversity we value so much in the communities around us, and it is something we, as Canadians, will always be proud of.



Egerton Private Hospital, London, ON, 1953



The Schlegel family
From left: Jamie, Ron, Barb, Brad and Rob

Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at 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

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

March 5 – “Driving Miss Daisy” (1989)

An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

1h 39m

Cast: Morgan Freeman, Jessica Tandy

March 12 – “North by North West” (1959)

A New York City advertising executive goes on the run after being mistaken for a government agent by a group of foreign spies, and falls for a woman whose loyalties he begins to doubt.

2h 16m

Cast: Cary Grant, Eva Marie Saint, James Mason

March 19 – “M*A*S*H” (1970)

The staff of a Korean War field hospital uses humor and hijinks to keep their sanity in the face of the horror of war.

1h 56m

Cast: Donald Sutherland, Elliot Gould, Tom Skerritt

March 26 – “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.

2h 13m

Cast: Jack Nicholson, Louise Fletcher

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

March 7 – “The Best Exotic Marigold Hotel” (2011)

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

2h 4m

Cast: Judi Dench, Bill Nighy, Maggie Smith

March 14 – “Bullitt” (1968)

A nonconformist San Francisco cop is determined to find the underworld kingpin who killed the witness under his protection.

1h 54m

Cast: Steve McQueen, Jacqueline Bisset

March 21 – “Raiders of the Lost Ark” (1981)

In 1936, archaeologists and adventurers of the U.S. government hired Indiana Jones to find the Ark of the Covenant before the Nazis could obtain its extraordinary powers.

1h 55m

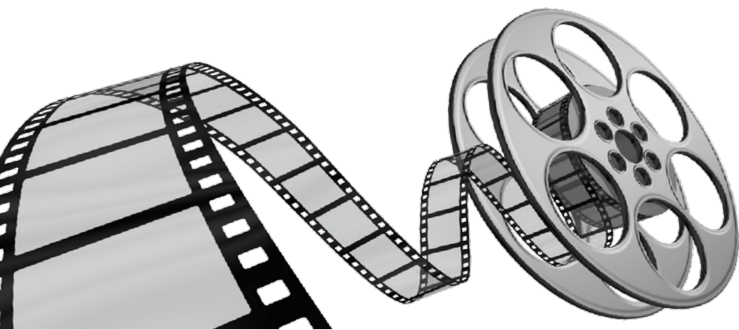
Cast: Harrison Ford, Karen Allen, Paul Freeman

March 28 – “Sully” (2016)

When pilot Chesley “Sully” Sullenberger lands his damaged plane on the Hudson River in order to save the flight’s passengers and crew, some consider him a hero while others think he was reckless.

1h 36m

Cast: Tom Hanks, Aaron Eckhart, Laura Linney



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 Movies **2:30 p.m. in Town Hall**

March 1 – “The English Patient” (1996)

At the close of World War II, a young nurse tends to a badly burned plane crash victim. His past is shown in flashbacks, revealing an involvement in a fateful love affair.

2h 42m

Cast: Ralph Fiennes, Juliette Binoche, Willem Dafoe

March 8 – “The Odd Couple” (1968)

A New Yorker newly separated from his wife lives with his best friend, a divorced sportswriter, but their ideas of housekeeping and lifestyles are as different as night and day.

1h 45m

Cast: Jack Lemmon, Walter Matthau, John Fiedler

March 15 – “Thunder Ball” (1965)

James Bond heads to the Bahamas to recover two nuclear warheads stolen by S.P.E.C.T.R.E. Agent Emilio Largo in an international extortion scheme.

2h 10m

Cast: Sean Connery, Claudine Auger, Adolfo Celi

March 22 – “The Birdcage” (1996)

A gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's right-wing, conservative parents.

1h 57m

Cast: Robin Williams, Nathan Lane, Gene Hackman

March 29 – “The Hundred Foot Journey” (2014)

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

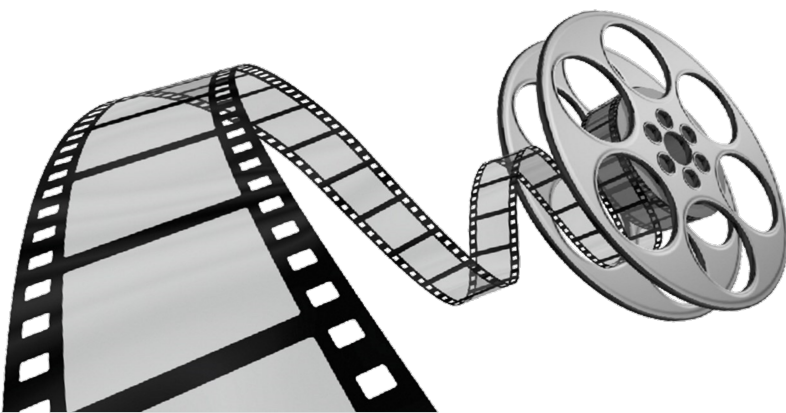
2h 2m

Cast: Helen Mirren, Om Puri, Manish Dayal

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
Leticia Damas	Director of Hospitality	804	leticia.damas@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	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	Spiritual Care Leads	845	beverleigh.broughton@schlegelvillages.com philip.gearing@schlegelvillages.com
Recreation	Recreation/The Hobby Shop	811	
Maintenance	For maintenance requests contact 887, 888, or 889		
Dining Room Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500