



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.



JULY 2025

226-251-3065

32 Bayberry Drive,
Guelph, ON, N1G 0C9

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

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Photo: "Monarch on Milkweed" taken by a resident of Arbour Trails.





If you would prefer not to have your birthday displayed in the newsletter or village, **please** let Katie Lammert know at: 226-251-3065 ext. 807

A Message From Residents' Council



Dear Residents,

Happy July! I was so delighted to hear that at least one of the lost cats in the VBA was found. It's always such a worry—I'm sure he or she is happy to be home! My village cat, Lisa, often had her photo on the website, but fortunately, she always showed up and lived a long life. Her successor, Lisa 2—my Arbour Trails cat—is now 10 years old and, so far, stays close to home!

Warm-weather activities are in full swing. Fundraisers like bike rides, walks, and marathons are happening all around Guelph. In the Village, bocce, tennis, the putting green, hiking club, bike riding, and the pollinator garden are all buzzing with activity. Oh, how I wish I could join them on the tennis courts—I can dream!

Here at Arbour Trails, we really enjoyed the musical entertainment from the Village on June 2nd. It was wonderful, especially with Stephen Henrikson—so professional! What a lot of talent in the Village. On June 17th, we enjoyed a wonderful dinner for Father's Day. It was absolutely delicious and perfectly done. We want to express our appreciation to everyone involved—it was delightful!

We also had our annual Strawberry Social on June 20th, with entertainment by the Elderly Brothers Garage Band—how fitting for the first day of summer! The Village will celebrate July 1st with even more activities, including more strawberries and music. Such a delightful time of year.

We'll be starting our Patio Parties at the beginning of July, held on Monday evenings. Everyone is looking forward to those!

I do hope you all have a wonderful summer—whether seaside, hiking in the hills, or simply enjoying time on the back deck with neighbours. And of course, those weekly garden parties—I really miss those!

Bye for now,

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,

There was a very positive response to the VBARA Annual General Meeting (AGM) held on May 28th. If you were unable to attend, you're welcome to watch the video available on the VBARA page of the website.

It was a substantive agenda that provided residents with important information on matters of significance to our community. VBA Executive Director Jason Campbell presented the results of the 2025 Satisfaction Survey and shared the excellent news that overall satisfaction rates have improved. Reid's Heritage Homes owner Tim Blevins also spoke about how they continue to support the VBA.

A highlight of the meeting was the return of the University of Guelph. Brandon Raco, Director of Real Estate, provided the university's report and discussed the much-needed expansion of student housing. The overview by Justine Richardson, Director of the Arboretum, was also well received by attendees who greatly value that site.

All of us on the Executive welcome the opportunity to continue serving you as your VBARA Residents' Council. For the coming year, I will continue as President, Marty Grieve as Vice-President, Trish Bridgen as Secretary, and Don Armstrong as Treasurer.

Have a wonderful summer. I'm around, and if there are any issues you'd like to discuss—or if you just want to meet up for a visit—please don't hesitate to reach out.

All the best,

Pat Sorbara
President of VBARA
416-402-6644



In Memoriam

Annabel Sissons
Joan Price
Les Chamberlain
Art Pyke
Peter Graf
Gerald Morrison

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

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

As I write this newsletter submission, the temperatures are soaring outside, and the “lazy, hazy” days of summer are upon us—days to enjoy the outdoors and perhaps remember special times spent on the annual trek to the cottage or a favourite vacation site.

One of my favourite outdoor pastimes is reading a book by the garden. Each month, I have the joy of meeting with ten friends to discuss our latest read in book club. We all recommend authors or themes we think others might enjoy—mysteries, historical events, or travel adventures.

One of our recent books was Family Squeeze—Tales of Hope and Hilarity for a Sandwiched Generation. A theme in the book focused on the gift of time and squeezing the most life possible from each moment. It also highlighted the importance of humour—keeping life in perspective, not taking ourselves too seriously, and laughing as much as possible.

Psalm 90:12 says, “Teach us to number our days, that we may gain a heart of wisdom.”

“Time marches on”—so the prayer of the Psalmist could also be our own, as we make daily choices about how to spend our time.

Whether you feel you don’t have enough time or have too much time on your hands, make each moment count—and along the way, take time to smell the roses or share a laugh with those around you.

As the author said, “Yesterday is a memory, tomorrow is an assumption, so use the moments of today to live with joy, hope, and humour!”

Blessings,

Chaplain Beverleigh

Village Message Board

A Message From the VBA: Activity Boxes Coming to Arbour Trails!



Starting soon, activity boxes will be installed in both The Arbour Trails Main Building and Ailsa Craig Neighbourhood to make it easier for residents to submit their response slips for events happening at the Village Centre.

In the past, response slips and payments could only be dropped off at the Village Centre. With these new boxes, you'll now have the added convenience of submitting them right from your building. Keep an eye out for the new boxes — pictured here — and start using them as soon as they're in place

Questions?

Contact:

Katie Lammert – katie.lammert@schlegelvillages.com ext. 807
Marty Grieve – vbara.vicepresident@gmail.com

Do You Play Cribbage, Rummikub, or Bridge?

We're exploring interest in starting a games group!

If you enjoy any of these games and would like to join in, please contact Katie Lammert at ext. 807.



A Message From the Arbour Trails Movie Crew

We're excited to share that our Town Hall now features a new video and sound system-our sincere thanks to those who made this upgrade possible!

Thank you as well to all the residents who continue to support our movie nights. We were especially pleased with the great turnout for our recent long movie and pizza dinner event. Based on the positive response, we're tentatively planning to offer this type of evening on a quarterly basis.

- The Arbour Trails Movie Crew



Dining News



Event	Date	Time	Location
Canada Day Lunch & Dinner	Tuesday, July 1	Your usual meal time	The Dining Room
Food Committee Meeting	Friday, July 4	2:30 p.m.	The Library

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**

Neighbourhood Barbeques:

Egerton—Wednesday, July 9

Ailsa Craig—Thursday, July 10

Williamsburg & Becker—Wednesday, July 16

Emma's—Thursday, July 17

See your neighbourhood calendar for more details!



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!



HAPPY JULY ARBOUR TRAILS

While the weather is beautiful and it's always nice to spend time outdoors, we want to remind everyone that the heat is no joke. Before heading out for a walk or to relax on the patio, be sure to take steps to prevent heat-related illness or injury.

Here are a few tips to help you stay safe in the sun this summer:

1. Wear a sun hat
2. Wear loose fitting clothes
3. Apply sunscreen!
4. Drink plenty of water/fluid—Fruit juice is a great way to stay hydrated!
5. Take breaks from the sun and come inside to the air conditioning periodically.

Stop by the fitness centre or call **ext. 808** if you have any questions about the PAL program or heat related illness.



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:

10:15 — 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)

Walking Club:

3:00 — Open to All (MFC)

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 *Last Month in Photos*



Top: Guelph Mayor Cam Guthrie joins the #ElderWisdom Green Bench at the Guelph Public Library.

Middle: Strawberry Social, Emma's and Egerton beach outing, and celebrating Pride Day!

Bottom: Celebrating Canadian Multicultural Day at our annual Multicultural festival!



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

2:00 p.m. — Front Entrance

2:05 p.m. — Ailsa Craig

Please Sign-up outside of the Hobby Shop or Ailsa Craig Main Floor.

If the sign-up is full, we encourage residents to check in with the Recreation Team at ext. 811 on Thursday mornings to see if any last-minute spots have opened up.

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, July 14
at 2:30 p.m.
in the Hobby Shop

Everyone is Welcome!

Village Life *July Happenings*

Program	Description
Canada Day Celebration Tuesday, July 1 2:00 p.m.—4:00 p.m. Back Patio by the Pond	Celebrate Canada Day with lawn games, Canadian treats, and classic Canadian music performed by Katie Lammert starting at 2:30 p.m.! Wear your red and white and join us for an afternoon of fun and Canadian pride.
Help Mobility Virtual Reality Experience Thursday, July 3 10:00 a.m.—noon Town Hall	Explore the world from your seat with Help Mobility's Virtual Reality Experience! Enjoy immersive, 360° adventures—from scenic landscapes to cultural landmarks—all designed to engage, relax, and inspire. *Sign-up
Research Institute of Aging Presentation: Medication Management Tuesday, July 15 2:30 p.m. Town Hall	Learn about safe and effective medication use and how you can take part in a new research study from the Schlegel-UW Research Institute for Aging (RIA). The project is led by Dr. Tejal Patel, Schlegel Specialist in Medication Management and Aging, with support from PhD student Ghada Elba. Don't miss this chance to gain helpful insights and get involved in meaningful research.
Ice Cream Day Social Sunday, July 20 3:30 p.m. Main Floor Café	Cool off and treat yourself to a delicious ice cream sundae as we celebrate Ice Cream Day together!

Village Life *July Happenings*

Program	Description
Tech Help With Guelph Public Library Tuesday, July 22 2:30 p.m.—4:30 p.m. The Library	Get one-on-one help with your tablet or phone, eBooks and eAudiobooks, online resources, basic computer and internet skills, and video chat platforms. *Sign-up
International Self Care Day Thursday, July 24	Celebrate International Self-Care Day by taking time for yourself—relax, recharge, and do something that brings you joy! Check your neighbourhood calendar for more details.
Pursuit of Passions Event: Timeless Recipes, Endless Stories Wednesday, July 30 2:30 p.m. Town Square	As part of our #ElderWisdom campaign, join us to taste meaningful recipes from Arbour Trails residents—each dish served with a story. Bring back old memories or share a recipe that's special to you, too!
Patio Parties Mondays July 7, 14, 21, & 28 7:30 p.m. Back Patio by the Pond	Patio season is here! Join us for lively evenings outdoors with summery beverages and live music. A perfect way to celebrate summer together!
Food Trucks are back! Every Wednesdays 4:00 p.m.— 6:30 p.m. Main Parking Lot	July 2 - Sweet Home Catering July 9 - Krankie Frankie July 16 - Fo Cheezy July 23 - Pabla's Street Food of India July 30 - Los Rolling Tacos

Village Life *Music & Vendors*

LIVE Entertainment

Katie Lammert

Tuesday, July 1

2:30 p.m. • Back Patio by the Pond

Patio Party: Alchemy Unplugged

Monday, July 7

7:30 p.m. • Back Patio by the Pond

Patio Party: Debbie Beauchamp

Monday, July 14

7:30 p.m. • Back Patio by the Pond

Patio Party: The Gwillimbury Gang

Monday, July 21

7:30 p.m. • Back Patio by the Pond

Patio Party: Shepherd's Knot

Monday, July 28

7:30 p.m. • Back Patio by the Pond

Karen Guitard on Piano

Tuesday July 8 & 22

10:30 a.m. • Town Square



Vendors

Nelly's Comfort Shoes

Friday, July 4

11:00 a.m.—4:00 p.m.

Town Square

Cameron Card Creations

Tuesday, July 8

10:30 a.m.—2:00 p.m.

Town Square

Suzanne M. Jewelry

Thursday, July 10

10:00 a.m.—2:00 p.m.

Town Square

Creations Boutique

Wednesday, July 16

10:00 a.m.—2:00 p.m.

The Hobby Shop

The Boutique

Thursday, July 24

10:00 a.m.—2:30 p.m.

Town Square

Barb's Produce

Thursdays!

9:00 a.m.—1:00 p.m.

Outside the Front Entrance

Happy Hour!

Featuring LIVE music with
Arbour Trails
resident "Bill Parker"

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



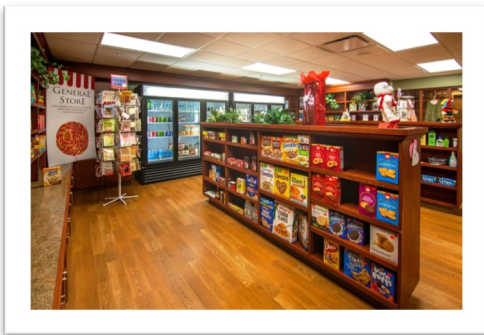
Village Life

Visit Our General Store!

Hours:

Monday—Friday
1:30 p.m. to 3:30 p.m.

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
- Greeting Cards

And much more!

CASH ONLY

Guelph Public Library Bookmobile

Wednesday,
July 2 & 16
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**

IMPORTANT REMINDER

Please **do not** return books
borrowed from the Guelph Public
Library or Bookmobile to the
Arbour Trails Library return bin.

These items must be returned
directly to the Guelph Public
Library or Bookmobile. If they're
left in the Arbour Trails bin, you
may risk late fees from the Guelph
Public Library.

Thank you for your help!

CAR SHOW

**Arbour Trails
Parking Lot**

**Saturday, August 9
Noon—3:00 pm**



**Enjoy a day
that's fun for
the whole
family!**

Cruise on over!
for a good time with 20+
classic cars, live
entertainment, food, and
more!



The Village of
ARBOUR TRAILS





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



We're pleased to share that **ultrasounds will now be available onsite** at the Village through Ontario Mobile Imaging.

For more information on how to access this service, please connect with the nursing team:

Luisa McMaster

Director of Wellness Ext. 820

Diane Manalastas

Assistant Director of Wellness Ext. 877



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

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

Schlegel Villages – CONNECTIONS



Schlegel family's pride in **CANADA**

"The beauty and vastness of the country and its countless different landscapes is a great point of pride," says Brad Schlegel, reflecting on the celebration of Canada Day this year. "Mirroring that it is the beauty of our people, with our multitude of cultures, and the bounty of their generosity and kindness."

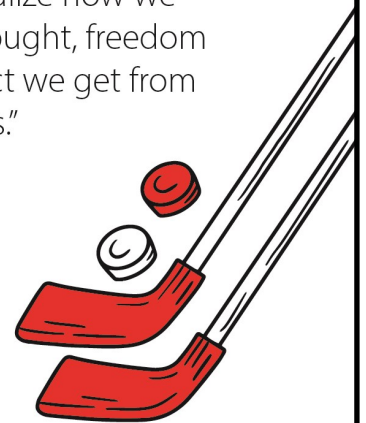
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members celebrate the ties that bind us together across our nation on July 1.

As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

For their father, Ron, who founded Schlegel Villages and in doing so, furthered his father's passion for community building, Canada finds its strength in its diversity. He notes he was born in a tiny Hamlet west of Kitchener, Punkeydoodles Corners, and as a boy moved to the village of Ailsa Craig. Influences came from Germany and Scotland respectively in these areas, and these blend together to make Canada strong. "In my opinion, Canada is the best country in the world," Ron says, reflecting on the diversity of language and geography that helps define the nation.

His oldest son, Rob, while travelling in Europe, expands on that reflection. "I am proud to be Canadian as we travel around the world and realize how we enjoy our freedom of thought, freedom of speech and the respect we get from people in other countries."

Happy
Canada
Day!



Schlegel Villages – CONNECTIONS



Throughout Senior's Month in June, we saw many great events to celebrate **#Elderwisdom** across the province, and we thank everyone who participated and helped remind our communities how much our oldest generations have to teach us. We are looking forward to the month of July as our Wisdom of the Elder signature program continues with our **Pursuit of Passions** tradition.

In years past, Villages have showcased the artistic talents of residents through art shows, large and small, but we've also found that a celebration of cuisine and the culinary passions of residents is always well received.

Throughout July, we know there are many events planned; some Villages are hosting cook-offs to showcase favourite recipes

where fellow residents and team members will have opportunities to vote on their favourites. In others, space is being created for residents and team members to cook together and break bread in the neighbourhoods with their neighbours.

Throughout the **"Timeless Recipes, Endless Stories"** events, the memories shared and the explanation of the meaning behind the recipes will be the greatest points of pride.

No matter how your Village and neighbourhood is focusing on the passion we all share for good food and company, we hope everyone can take a bit of time to share some of their culture and personal history through conversations about the foods we love.

Boosting Brain Health: Small Habits, Big Impact

Brain Health Day (July 22) is a reminder that how we care for our brains today can shape how we live tomorrow.

Our brains change over time, but the choices we make every day can help keep them strong.

How we live, move, eat and connect with others can shape our brain health. Even small lifestyle changes can help support memory, thinking skills and overall brain function.

The Brain-Body Connection

Our brains and bodies are deeply connected. Lifestyle behaviours such as regular physical activity and a balanced diet not only support general health, they also have a positive effect on memory and thinking abilities.

What can you do?

- Take a brisk walk most days of the week
- Eat more vegetables, fish, and whole grains
- Limit processed foods and added sugars
- Stay hydrated

Exercise Your Mind, Too

Keeping the brain active is just as important as staying physically active. There's growing evidence that challenging your brain helps keep your thinking sharp.



Try these brain-boosting activities:

- Do a daily crossword or Sudoku puzzle
- Play matching games
- Use both hands equally for tasks like brushing your teeth or making breakfast
- Try a new form of movement like yoga, tai chi, or dancing – bonus if it involves remembering sequences
- Memorize short lists of items in your home, then test yourself after a short break
- Read aloud to yourself or others
- Use a journal to track emotions and memory progress
- Socialize regularly – join a game night, walking group, or volunteer activity

Take One Small Step Today

Whether it's going for a walk, trying a crossword puzzle, or adding more leafy greens to your plate, each step matters. The RIA offers tools, resources, and research-based programs to help older adults live their best lives—and that includes supporting better brain health.

Want more? Check out the Memory Workout By Us For Us Guide (the-ria.ca/bufu).

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

July 3 – “To Catch a Thief” (1955)

A retired jewel thief sets out to prove his innocence after being suspected of returning to his former occupation.

1h 46m Rated: PG

Cast: Cary Grant, Grace Kelly

July 10 – “Charade” (1963)

Romance and intrigue ensue in Paris as a woman is pursued by several men who want to get their hands on a fortune her murdered husband had stolen. She soon loses trust in those who claim they want to help her.

1h 53m Rated: Approved

Cast: Cary Grant, Audrey Hepburn

July 16 – “Catch Me if you Can” (2002)

Barely 17 yet, Frank is a skilled forger who has passed as a doctor, lawyer and pilot. FBI agent Carl becomes obsessed with tracking down the con man, who only revels in the pursuit.

2h 21m Rated: PG-13

Cast: Leonardo DiCaprio, Tom Hanks

July 23 – “Good Morning, Vietnam” (1987)

In 1965, an unorthodox and irreverent DJ named Adrian Cronauer begins to shake up things when he is assigned to the U.S. Armed Services radio station in Vietnam.

2h 1m Rated: R

Cast: Robin Williams, Forest Whitaker, Tom Tran

July 30 – “Gran Torino” (2008)

After a Hmong teenager tries to steal his prized 1972 Gran Torino, a disgruntled, prejudiced

Korean War veteran seeks to redeem both the boy and himself.

1h 56m Rated: R

Cast: Clint Eastwood, Bee Vang

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

July 4 – “Hoosiers” (1986)

A coach with a checkered past and a local drunk train a small-town high school basketball team to become a top contender for the state championship in 1950s Indiana.

1h 54m Rated: PG

Cast: Gene Hackman, Barbara Hershey

July 11 – “Life of Pi” (2012)

A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor: a fearsome Bengal tiger.

2h 7m Rated: PG

Cast: Suraj Sharma, Irrfan Khan, Adi Hussain

July 18 – “Living” (2022)

In 1950s London, a humorless bureaucrat decides to take time off work to experience life after receiving a grim diagnosis.

1h 42m Rated: PG-13

Cast: Bill Nighty, Aimee Lou Wood, Alex Sharp

July 25 – “Wildhood” (2021)

Two brothers embark on a journey to find their birth mother after their abusive father had lied for years about her whereabouts; along the way, they reconnect with their indigenous heritage and make a new friend.

1h 48m Rated: Not Rated

Cast: Phillip Forest Lewitski, Joshua Odjick



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

July 5 – “Away From Her” (2006)

A man coping with the institutionalization of his wife because of Alzheimer's disease faces an epiphany when she transfers her affections to another man, Aubrey, a wheelchair-bound mute who also is a patient at the nursing home.

1h 50m Rated: PG-13

Cast: Julie Christie, Michael Murphy, Gordon Pinsent

July 12 – “Fisherman’s Friends” (2019)

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

1h 52m Rated: PG-13

Cast: James Purefoy, Meadow Nobrega, David Hayman

July 19 – “Woman in Gold” (2015)

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.

1h 49m Rated: PG-13

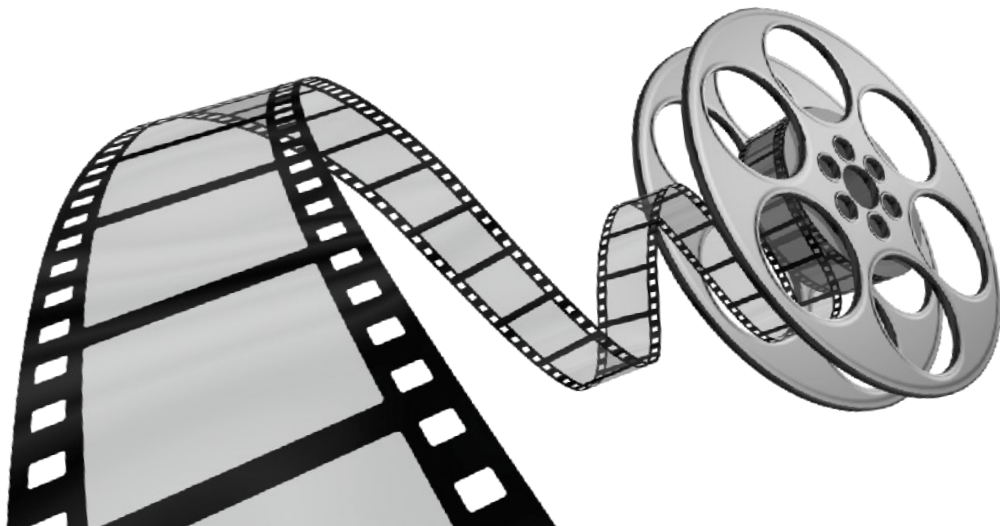
Cast: Helen Mirren, Ryan Reynolds, Daniel Bruhl

July 26 – “Footloose” (1984)

A big city teenager moves to a small town where Rock and Roll music and dancing have been banned by backward local parents and his rebellious spirit shakes up the populace.

1h 47m Rated: PG

Cast: Kevin Bacon, Lori Singer, John Lithgow



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	Emma's & Egerton 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 Reservation Line		834	519-836-2464
Riverstone Spa		843	519-840-1500