



*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.**



**AUGUST 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 8**

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**Photo:** "The Village Heron" taken by a team member of Arbour Trails.





# Birthday Parties

See your neighbourhood  
monthly calendar for the  
location and time!

*Let's Celebrate*

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

# *A Message From* Residents' Council



Dear Residents,

Is it warm enough for you? Lazy, hazy days of summer. The pond looks very inviting—if you don't get too close. Don't you just wish for a pool to jump into? At least we can dream! August 1 – it is my birthday! The ninth one I have celebrated here at Arbour Trails.

The patio parties are on, and the weather has sort of cooperated. There are usually about 100 people who come out to enjoy the ambiance. The way the days fly by, summer will soon be over. Around 80 people enjoyed the afternoon ice cream party. Who can resist ice cream? Not me!

In a few days, we'll get the latest picture of the Trump saga. I personally find this situation very disturbing. It has created a lot of bad feelings and worries that we don't need. With some luck, I hope it can all be settled peacefully. There seems to be so much strife in the world, and we—personally—cannot do much about it except hope. Have you had an opportunity to get away and enjoy this summer? It's ideal for picnics, camping, or just visiting in the garden with a cool drink.

My little one, Lisa, is certainly enjoying the weather, keeping cool under the bushes. She decided to escape one day, and after some time, waltzed up to the door—very contrite.

Last week we enjoyed the movie Nona, reminding us of the wonderful memories of past times that meant so much to us. This week, tasted some of those memories—making us feel very nostalgic.

We have a lot of new residents in the Village. Please reach out to them and help them feel welcome in their new home. Remember your first days!

Enjoy August, and I'll be in touch in September.

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**

### *In Memoriam*

Esther Devolin  
Margaret Sullivan  
Sara Smith  
Hester Witchey

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](mailto:beverleigh.broughton@schlegelvillages.com)

#### **Philip Gearing:**

Email: [philip.gearing@schlegelvillages.com](mailto:philip.gearing@schlegelvillages.com)

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

Phone: (226) 251-3065  
Ext. 845

### Lessons About Life I Have Learned from Baseball

I am a baseball guy. I attended the first Toronto Blue Jays game ever played, and I'm loving their current run of success. I played on a team when I was 10 years old, and I still play on a team at 60!

#### Here are some of the things I have learned from baseball:

- Have fun!
- Work for yourself and work for the team.
- You will lose at least as often as you win.
- If you get one hit in four at-bats, celebrate the hit!
- Find what you're good at and do it!
- There's already an umpire; you do not make the rules, and you don't enforce them.
- You're human—you will drop the occasional easy fly ball. Shrug it off and keep playing.
- Never be hard on a teammate when they drop their easy fly ball.
- You'll play in sunshine and shadow, rain—even snow.
- You are not expected to single-handedly win the game, but you are expected to contribute.
- You will get dirty and pick up your share of scratches and bruises.
- Every now and then, stop, breathe, and look around... you're in a park.
- Listen to your coaches.
- Uplift your teammates.
- The players on the other team are not the enemy.
- If you hit the ball foul, you always get another chance to straighten it out.
- Keep your eye on the ball; keep your focus on the moment.
- Even without a clock, the game will come to an end.
- At the end of the season, everyone is invited to the banquet.



Hmm... sounds like God wrote the rules!!

- Chaplain Phil

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

# Village Message Board

## **Having a Maintenance Issue? Here's What to Do!**

If something in your suite needs attention, please submit a maintenance request rather than asking team members directly. This helps keep a clear record and allows the maintenance team to respond more efficiently.

### **How to Submit a Request:**

1. **Visit or call the Main Office at 226-251-3065 ext. 801**
2. **Speak with your Neighbourhood Coordinator** (see back page directory for contact details)

Thanks for helping us keep things running smoothly!

## **A Message from Admin**

### **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!**

## **A Message from Recreation**

### **Interested in Camping at Shady Pines?**

We're exploring the idea of a resident camping trip to Shady Pines Campground in Ailsa Craig, Ontario—a peaceful, scenic spot perfect for relaxing in nature. Whether you're a seasoned camper or just curious, we'd love to know if you're interested!



If you'd be interested in joining or would like more information, please contact Katie Lammert at extension 807.

### **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!

# Dining News



Event	Date	Time	Location
<b>Food Committee Meeting</b>	Friday, August 1	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**

## Catering & Room Booking Info:

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

**At this time, catering services are paused until further notice. We apologize for any inconvenience and truly appreciate your understanding.**

Thank you for your cooperation!

## 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
<b>Breakfast</b>	\$10.50
<b>Lunch</b>	\$16.80
<b>Dinner</b>	\$19.95





# Program For Active Living (PAL) Corner!

## Happy August Arbour Trails!

We hope everyone has had a chance to get out and enjoy the summer sunshine! Summer can be a busy time of year as we try to squeeze all of our warm weather activities into a few months. Don't forget to take some time to wind down and decompress. Stretching is a simple and effective way to release tension in both the mind and the body!

Stretching activates our **Parasympathetic Nervous System** which is responsible for promoting rest and relaxation of the body and mind!

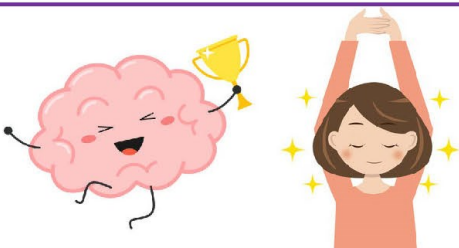
### PHYSICAL Benefits to Stretching

- Improved mobility and range of motion (ROM)
- Reduced stiffness and muscle tension
- Improved posture
- Improved circulation
- Injury prevention
- Pain management



### MENTAL Benefits to Stretching

- Improved mood
- Reduced stress
- Improved clarity and focus
- Improved sleep quality
- Improve cognitive function



Visit the Fitness Centre, or call us at extension 808, to pick up or have a head to toe stretch program delivered to you that you can try at home!

**Please, reach out to Megan/Miranda with any questions!**



### 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:** Celebrating Canada Day!

**Middle:** Virtual reality adventures & the donkey sanctuary outing.

**Bottom:** Sharing sweets & stories at Pursuit of Passions.



# 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

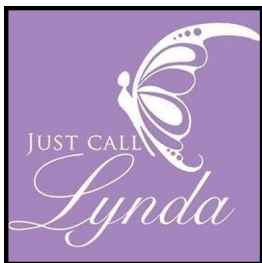
**2:00 p.m.** — Front Entrance

**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, August 11  
at 11:00 a.m.  
in the Hobby Shop

**Everyone is Welcome!**

# Village Life *August Happenings*

Program	Description
<b>Watermelon Day Social</b>  Sunday, August 3	Join us for a refreshing afternoon as we celebrate National Watermelon Day with sweet slices, sunny vibes, and summer fun! Enjoy juicy watermelon served fresh alongside light refreshments.
<b>Wilfred Schlegel Day</b>  Monday, August 4	Join us as we celebrate Wilfred Schlegel Day and kick off our Month of Giving! Stop by to see our display showcasing the meaningful work we've done and the donations we've made so far this year. Let's reflect on the impact we've had—and the generosity still to come.
<b>Prime Care Pharmacy &amp; Home Health Meet and Greet</b>  Friday, August 15 2:00-4:00 p.m. The Library	Join us for a Meet & Greet with our Pharmacist, Mikaela, and Home Health Care Specialist, Sonia! Stop by to ask questions, explore products, and discover how we can support your health and wellness needs.
<b>GATHER Group—Support for Grief &amp; Loss</b>  Tuesday, August 26 2:30 p.m. Town Hall	Led by Chaplain Beverleigh Broughton, GATHER is a facilitate group discussion program exclusive to Schlegel Villages with the purpose of creating space for people to connect with others who share similar experiences. <b>*SIGN-UP ONLY</b>
<b>Patio Parties</b>  Mondays 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! <b>Please note that the location is subject to change depending on the weather.</b>
<b>Food Trucks are back!</b>  Every Wednesdays 4:00 p.m.— 6:30 p.m. Main Parking Lot	Aug. 6 - Beavertails Aug. 13 - Schmuck Truck Aug. 20 - Pabla's Street Food of India Aug. 27 - El Milagro

# Village Life *August Happenings*

## VILLAGE **CAR SHOW**

**Saturday, August 9**  
**Noon - 3:00 p.m.**

Arbour Trails  
Main Parking Lot



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

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



***In collaboration with  
the Arboretum  
Motor Club***

# Village Life *August Happenings*

LIVE QUARTERLY WEBINAR



## Care Partners Connection



*Tuesday, August 26*

6–7:30 p.m.

REGISTER NOW

*Do you know someone  
living with dementia?*

You're not alone! Join us as we share  
**tips to engage your loved one  
living with dementia.**

**Register to attend and submit questions**  
for expert panelists. Each webinar  
includes education, guest speakers,  
resources, and a Q&A panel.

**Future webinar**  
November 25



*Hosted by*

**Heather Luth**

Director of Dementia Services  
and Knowledge Integration

Schlegel Villages



# Village Life *Music & Vendors*

## LIVE Entertainment

**Grace Cowley**

Friday, August 1

2:30 p.m. • Town Hall

**Patio Party: Jazz Musician “Jontue Elan”**

Monday, August 4

7:30 p.m. • Back Patio by the Pond

**Patio Party: The Bill Parker Trio**

Monday, August 11

7:30 p.m. • Back Patio by the Pond

**Trombonist “Ryan Broughton”**

Wednesday, August 13

7:30 p.m. • Town Hall

**Patio Party: Acoustic Duo “Unheard Of”**

Monday, August 18

7:30 p.m. • Back Patio by the Pond

**Songs & Stories with Brad Woods & Friends**

Tuesday, August 19

7:30 p.m. • Town Hall

**Patio Party: Katie Lammert**

Monday, August 25

7:30 p.m. • Back Patio by the Pond

**Karen Guitard on Piano**

Tuesday, August 5 & 19

10:30 a.m. • Town Square



## Vendors

**Cameron Card Creations**

Tuesday, August 5

10:30 a.m.—2:00 p.m.

Town Square

**Creations Boutique**

Thursday, August 14

10:00 a.m.—2:30 p.m.

The Hobby Shop

**NEW! Traditions Alive  
Clothing, Jewelry, & More**

Tuesday, August 26

10:00 a.m.—3:00 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



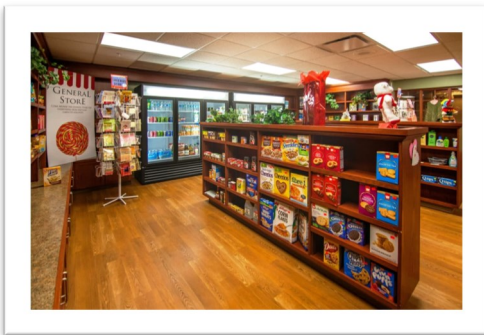
# Village Life

## 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](mailto: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,  
August 13 & 27  
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!

# Village Life

## THE THISTLE REPORT

### TRIBUTE TO MARC GARNEAU: PIONEER ASTRONAUT, STATESMAN

By Karen Himmer, Resident of Arbour Trails

The recent passing of Canadian astronaut Marc Garneau brought back memories. As a child, I was thrilled watching the exploits of the Mercury astronauts, such as John Glenn, blast off into history. I never dreamed that Canadians would join the NASA team of those characterizing the Right Stuff. Then, in October 1984, Garneau became the first Canadian astronaut to experience outer space. His career parallels that of Glenn. Both were pioneer astronauts who left outer space for politics; Glenn served in the U.S. Senate, Garneau in the House of Commons. Garneau was also a mentor who encouraged Canadian astronauts who followed in his footsteps, such as Chris Hadfield. Marc Garneau's career demonstrates the Canadian attributes of courage, diplomacy, and humility. He will be missed.

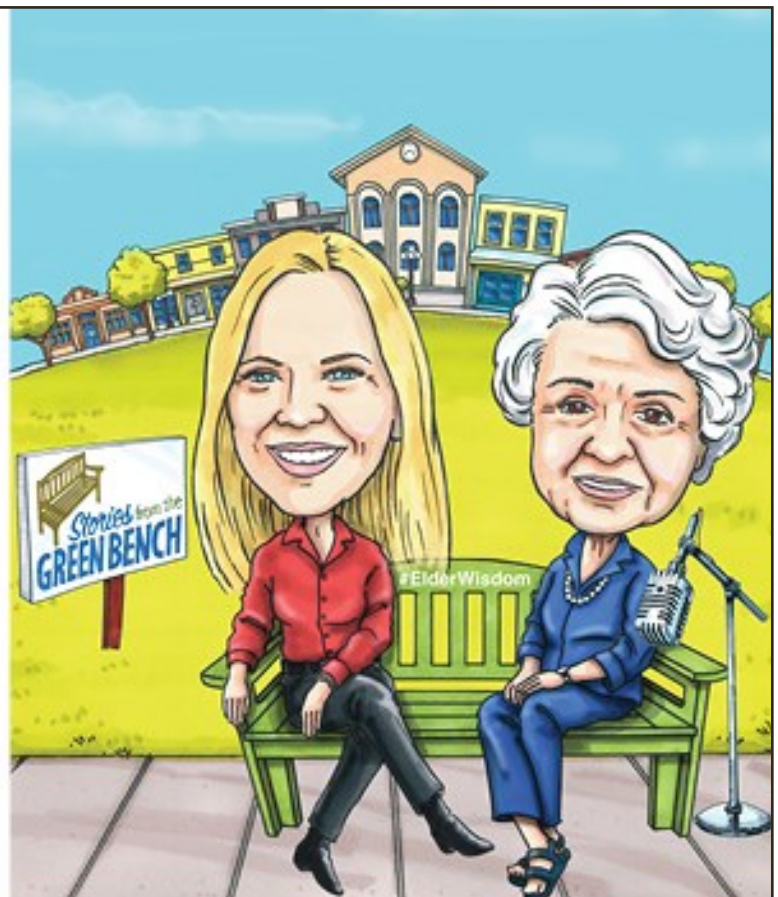
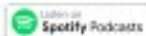
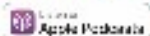


*Stories* from the  
**GREEN BENCH**  
Podcast

Your seat on the green  
bench is ready and waiting.



**SUBSCRIBE**



ElderWisdom.ca



September 16–17

**DoubleTree by Hilton**  
30 Fairway Road South, Kitchener

**Schlegel Villages and the  
Research Institute for  
Aging (RIA) are excited to  
be hosting our 10th annual  
Innovation Summit!**

Join us as we celebrate 10 years of innovation, improvement and research and help us envision the next decade!

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

**Sessions will include:**

- Highlights of innovations over the past decade
- Co-creating future research with the RIA
- 2025 Innovation Catalyst and Innovation Challenge presentations
- The evolution and future of technology and AI
- Envisioning the future using Appreciative Inquiry

**We look forward to  
seeing you there!**





## 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](mailto:retirement@earandhearingclinic.com)

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



**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](mailto: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**

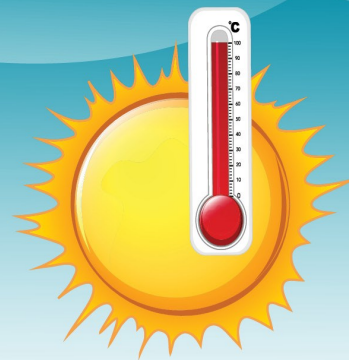
Assistant Director of Wellness Ext. 877



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

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

# Stay hydrated!



## FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

## TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking



# Schlegel Villages – CONNECTIONS



**WILFRED  
SCHLEGEL**

**Monday, August 4**

*Day*

The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.

# Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

**WILFRED SCHLEGEL**  
*Hope Fund*

## Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

### Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit [the-ria.ca/resources/promote-hydration](https://the-ria.ca/resources/promote-hydration).

Brought to you by  
the Arbour Trails  
Movie Crew



New members  
are welcome!

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

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

**August 6 – “American Graffiti” (1973)**

A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals.

**1h 50m    Rated: PG**

Cast: Richard Dreyfuss, Ron Howard

**August 13 – “Whiskey Galore” (1949)**

Scottish islanders try to plunder 50,000 cases of whisky from a stranded ship.

**1h 22m    Rated: TV-14**

Cast: Basil Radford, Joan Greenwood

**August 20 – “The Incredible Journey” (1963)**

Two dogs and a cat set off on a treacherous 200-mile journey towards home.

**1h 20m    Rated: G**

Cast: Emile Genest, John Drainie, Tommy Tweed

**August 27 – “No Country for Old Men” (2007)**

Violence and mayhem ensue after a hunter stumbles upon the aftermath of a drug deal gone wrong and over two million dollars in cash near the Rio Grande.

**2h 2m    Rated: R**

Cast: Tommy Lee Curtis, Javier Bardem, Josh Brolin

**August 1 – “The Quiet Girl” (2022)**

In rural Ireland, a quiet, neglected girl is sent away from her dysfunctional family to live with relatives for the summer where she blossoms and learns what it is to be loved.

**1h 35m    Rated: PG-13**

Cast: Carrie Crowley, Andrew Bennett

**August 8 – “Red” (2010)**

When his peaceful life is threatened by a high-tech assassin, former black-ops agent Frank Moses reassembles his old team in a last-ditch effort to survive and uncover the assailants.

**1h 51m    Rated: PG-13**

Cast: Bruce Willis, Helen Mirren, Morgan Freeman

**August 15 – “Legends of the Fall” (1994)**

In the early 1900s, three brothers and their father living in the remote wilderness of Montana are affected by betrayal, history, love, nature, and war.

**2h 13m    Rated: R**

Cast: Brad Pitt, Anthony Hopkins, Aidan Quinn

**August 22 – “A Few Good Men” (1992)**

A military lawyer intends to prove that two US Marines charged with murdering a fellow Marine were only following their base commander's orders.

**2h 18m    Rated: R**

Cast: Tom Cruise, Jack Nicholson, Demi Moore

**August 29 – “Four Weddings and a Funeral” (1994)**

Over the course of five social occasions, a committed bachelor must consider the notion that he may have discovered love.

**1h 57m    Rated: R**

Cast: Hugh Grant, Andie MacDowell, James Fleet



Brought to you by  
the Arbour Trails  
Movie Crew



New members  
are welcome!

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

**August 2 – “A Clockwork Orange” (1971)**

Alex DeLarge and his droogs barbarize a decaying near-future.

**2h 16m    Rated: R**

Cast: Malcolm McDowell, Patrick Magee, Michael Bates

**August 9 – “Sense and Sensibility” (1995)**

Rich Mr. Dashwood dies, leaving his second wife and her three daughters poor by the rules of inheritance. The older two daughters are the title opposites.

**2h 16m    Rated: PG**

Cast: Emma Thompson, Kate Winslet, James Fleet

**August 16 – “From Here to Eternity” (1953)**

At a U.S. Army base in 1941 Hawaii, a pugilistic private is cruelly punished for refusing to join his unit's boxing team. Meanwhile, his commanding officer's wife and top NCO are indulging in a torrid love affair.

**1h 58m    Rated: Approved**

Cast: Burt Lancaster, Montgomery Clift, Deborah Kerr

**August 23 – “The Great Outdoors” (1988)**

A Chicago man and his family go camping with his obnoxious brother-in-law.

**1h 31m    Rated: PG**

Cast: Dan Aykroyd, John Candy, Stephanie Faracy

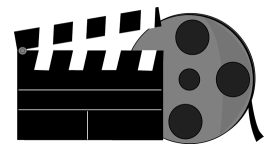
**August 30 – “My Big Fat Greek Wedding” (2002)**

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

**1h 35m    Rated: PG**

Cast: Nia Vardalos, John Corbett, Michael Constantine

**Upcoming  
Movie Crew  
Meeting:**



Friday, August 8  
10:30 a.m.  
The Hobby Shop



# Arbour Trails Team Directory

<b>Lead Nurse</b>		<b>505</b>	<b>Can be reached at this extension</b>
<b>Charge Nurse</b>	<b>Emma's &amp; Egerton</b>	<b>880</b>	<b>Can be reached at this extension</b>
<b>Med Certs</b>	<b>Emma's (879), Egerton (883), Williamsburg &amp; Becker (875 &amp; 876)</b>		
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	<b>For maintenance requests contact 887, 888, or 889</b>		
Dining Room Reservation Line		834	519-836-2464
Riverstone Spa		843	519-840-1500