



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.



SEPTEMBER 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: "September Reflections" taken by a resident of Arbour Trails.





Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*

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

A Message From Residents' Council



Dear Residents,

Is it fall already? Look at the date—Labour Day! Hard to believe, isn't it? The summer has flown by. Hope you have enjoyed the long holiday weekend.

September 2nd is a rather important date. Please keep the afternoon open for a visit from our local MP, Dominique O'Rourke, who will be coming to visit. She will first be at the VBA in the morning, and then will join us here at Arbour Trails in the Café at 2:45 p.m. You will have the

opportunity to ask questions that I am sure are on all our minds. We hope you will be available to attend.

During the month of August, there were quite a few outings that kept Jaclyn rather busy, but were enjoyed by so many. I joined in for the lunch at The Danish Place in Sunset Village. It was delicious and the atmosphere was so pleasant, with much laughter. Are you enjoying the new cutlery? All shiny and matching! We thank those involved for helping to make the meals a little nicer.

The car show was a great success—all those old cars, shining like new. The food and music were great. It's so nice when we can all enjoy something together. It was a great day, even if you had to stay in the shade. Talk about pride in ownership when you see the men and their cars!

Just a reminder: September 18th will be the time again for our fall food bank drive. Please remember these unfortunate people when you see the collection box by the gazebo.

We have so many new residents that it is hard to keep up. The list keeps growing faster than I can go. I will get caught up, so please don't think I am ignoring you.

The Activity Fair at the Village by the Arboretum is starting up again. If you're interested in a group, be sure to mark September 13th on your calendar. There truly is something for everyone, and representatives will be at each booth to answer your questions and share more about each activity.

Let's see what surprises September will bring. It is a lovely season, and we can watch for the fall colours to start.

Many games are being played these days, and now that the days are cooler, maybe more people will join in. It is such fun and so good for the mind.

Until next month,

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,

It was wonderful to see so many of you at the car show on August 9th, organized by the team at Arbour Trails and the VBA Social Committee. The turnout from across the village was excellent and everyone made the best of the hot day, enjoying a \$5 BBQ lunch, music and games, and the opportunity to check out 33 vintage cars and electric vehicles. Special thanks to the VBA's Arboretum Motor Club and all who made their cars available for the event.



Photo (from left to right): Katie Lammert, Pat Sorbara, Bruce Chambers, Marjorie McColm, and Pauline Donovan.

It is always meaningful to me when, regardless of which building we live in, we come together as the VBA community. Thank you to key organizers Anne Bridel and Bruce Chambers of the Social Committee and Pauline Donovan and Katie Lammert of Schlegel Villages and their teams. Although we missed Anne, the photo includes Marjorie McColm, Chair of the Social Committee.

I look forward to seeing everyone on September 2nd when Guelph's newly elected Member of Parliament, Dominique O'Rourke, will be on-site at Arbour Trails. Starting at 2:45 p.m., it will be a great opportunity to speak with MP O'Rourke about issues that concern you, as citizens.

If you are able, please join us at the VBA Activity Fair on Saturday, September 13th in the Village Centre. You can pop over anytime between 9:30 a.m. and 1:00 p.m. It will be a fun day connecting with fellow residents, learning about clubs and enjoying light refreshments, live music, and lucky draws. Come and check it out!

With a busy September ahead, I'm sure I'll see you soon.

All the best,

Pat Sorbara

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

In Memoriam

Bob Izumsky
Sheila Ayres
Joyce Yates

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

The lazy, hazy days of summer are winding down, and soon we will see the leaves changing colour and feel a nip in the air!

What are some of your favourite summer memories? Many of you have shared moments spent with family and friends—whether at a cottage, a special occasion, or simply enjoying the outdoors. There are memories of summer favourites like grilled hamburgers, ice cream, and watermelon. Others have shared how much they enjoy the weekly visits from *Barb's Produce* and how it sparks memories of growing food in their own home gardens.

Sir James Barrie once said, *"God gave us memories that we might have roses in December."* Memories are created by living each day to the fullest and by reflecting at the end of the day: *"What gave my life purpose and meaning today?"*

Did you brighten someone's day with a smile? Did you read something that gave you hope or encouragement?

We know life is a mixture of joys and challenges, but good memories help put life into perspective. They carry us through difficult times and remind us that we can indeed "enjoy those roses in December."

The Bible says, *"To everything there is a season, a time for every purpose under heaven,"* (Ecclesiastes 3:1).

As the season changes, may you cherish the joy of summer while also finding purpose in each new day as you make and share memories with those around you.

Happy Autumn!

Chaplain Beverleigh

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

Village Message Board

Farewell & Best Wishes to Jessica Rawlings



We want to take a moment to recognize and thank Jessica Rawlings for her many contributions to our Village community. Over the years she has made a lasting impact, supporting high-quality care and building meaningful connections with residents, team members, and members of the Arbour Trails community. She has been an active member in all Village events, helping us bring our aspirations to life. Many of you will know she recently got married. Her last day with us will be Wednesday 3rd of September, before she heads off on a honeymoon in Europe. While we will greatly miss her commitment, expertise, and support, we are excited for this new chapter in her life and wish her every happiness.

In the meantime as recruitment moves forward, Shannon Holmes, AGM, will be liaising with the resident teams and families in both Emma's and Egerton neighbourhoods to ensure ongoing support and continuity.

Please join us in thanking Jessica for all she has done and in wishing her the very best in the exciting adventures ahead!

Fall Window Cleaning Service Update

Interior Window Cleaning:

Starting mid-September, during the week of the 15th, interior window cleaning will begin and continue for approximately two weeks.

- **Week 1:** Cleaning will focus on the town buildings and the EC building.
- **Week 2:** Cleaning will continue with the interiors of the main buildings.

Exterior Window Cleaning:

Scheduled to begin on Tuesday, September 30th, and is expected to take approximately three days.

Thank you,

Anuj Solomon

Director of Environmental Services

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
Food Committee Meeting	No Food Committee Meeting this month	-	-

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



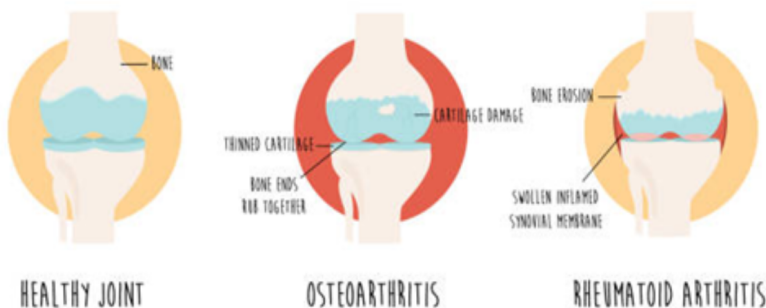
Program For Active Living (PAL) Corner!

September

September is Arthritis Awareness Month! Did you know that over 50% of older adults are living with some type of arthritis?

There are over 100 different types of Arthritis, the most common types are Osteoarthritis and Rheumatoid Arthritis. Flare ups can cause painful swelling, skin redness and fatigue.

Although this disease can be quite painful, exercise is an effective intervention to help reduce your arthritis pain. Regular exercise can help maintaining the strength of the muscles around your joints, helping to keep them stable. Exercise can also help improve the joint range of motion and function leading to decreased pain, improved balance and decreased risk of falls .



Our PAL program offers a variety of exercise classes each week to support balance and strength. Join the Better Balance class on Monday mornings at 10:00 a.m. and the Standing Get Active class on Wednesdays at 10:15 a.m. These classes are also available in Ailsa Craig JPL on Mondays and Wednesdays at 3:00 p.m. Have a great month, everyone!

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 *The Village Car Show*



This summer's Car Show was a fantastic celebration of our VBA community, with guests enjoying a delicious BBQ lunch, lively music, fun games, and the chance to admire 33 vintage and electric cars. Thank you to everyone who came out, and to the Arboretum Motor Club and VBA Social Committee for helping make the day such a memorable success!

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 at the same location. We kindly ask that you respect this time limit so we can accommodate other residents waiting time between pick-ups.

Shopping Shuttle Schedule

Every Thursday at:

10:00 a.m. — Front Entrance

10:05 a.m. — Ailsa Craig

2:00 p.m. — Front Entrance

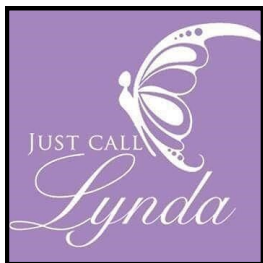
2:05 p.m. — Ailsa Craig

SIGN-UP REQUIRED.

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

PLEASE NOTE: The Thursday, September 11th shopping shuttle has been rescheduled to Wednesday, September 10th.

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, September 8
at 3:30 p.m.
in the Hobby Shop

See your neighbourhood calendar for upcoming outing dates and details!

Village Life *September Happenings*

JOIN THE VBARA EXECUTIVE MEMBERS FOR THE 2ND

COMMUNITY CONVERSATION

WITH MEMBER OF PARLIAMENT

DOMINIQUE O'ROURKE

Tuesday, September 2



The VBA	The Village of Arbour Trails
WHEN: 1:00 – 2:15 PM WHERE: Village Centre Lounge	WHEN: 2:45 – 4:00 PM WHERE: The Main Floor Café

Q&A to follow Dominique's opening remarks at both locations.



Grandparent's Day Bingo!
Sunday, September 7th
at 3:45 PM
in the Main Floor Café.
Bingo prizes and treats!

September Food Trucks

September 3 - Krankie Frankie
(Classic Pub Food)

September 10 - Born 2 Eat
(Canadian Cuisine)

September 17 - Sweet Home Catering
(BBQ/Grilled Food)

September 24 - El Milagro
(Mexican Food)



Wednesdays between 4:00 pm and 6:30 pm in
the Main Parking Lot

Village Life *September Happenings*

THE ACTIVITY FAIR IS BACK THIS FALL!

Join us on **Saturday, September 13th**, from 9:30 a.m. to 1:00 p.m. in the Village Centre

Explore 75 Activity Groups and Standing Committees

Meet the people behind the groups, ask questions, discover new interests

Connect with fellow residents

Enjoy a fun day with musical entertainment, light refreshments and exciting hourly door prizes

Don't miss out on the fun!

WE LOOK FORWARD TO SEEING YOU!

Transportation available for Arbour Trails and Ailsa Craig residents – sign-up outside The Hobby Shop or Ailsa Craig Main Lobby

HUNGER ACTION MONTH

BAKE SALE

Wednesday, September 10
from 10-12
in Town Square

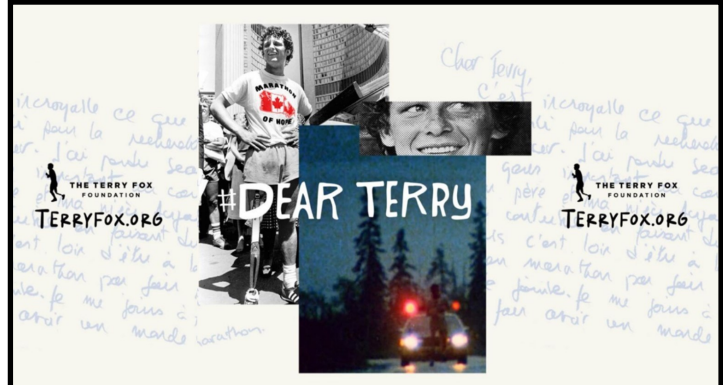


All proceeds from the bake sale will go to the
VBA's Food Drive for the Guelph Food Bank

VBA FOOD DRIVE

Thursday, September 18
to
Thursday, September 25

Donation boxes located
in the Ailsa Craig Main
Lobby and Town Square



Terry Fox Walk

**Sunday, September 14
at 10:00 a.m.**

Meet at the Arbour Trails Front Entrance

Refreshments to follow in the
Main Floor Café

We will be doing a short walk around the main
building and collecting donations for
the Terry Fox Foundation

Village Life *September Happenings*

CELEBRATING RESIDENTS' COUNCIL WEEK

September 15 - 21

**See the display in
Town Square**

Residents' Council Meeting
Wednesday, September 17
at 2:30 p.m. in Town Hall

Followed by a meet & greet
with the Executive
Residents' Council & Live
Music by Katie Lammert in
the Main Floor Café



A week to celebrate all RESIDENTS. Every person living in the village is part of the Residents' Council, regardless of whether they attend the monthly meetings.



Celebrating Arts & Aging Day **Resident Art Show**

Wednesday, September 24
from 10-4
in Town Hall

We are still accepting submissions!

If you are interested in displaying your work (art, photography, embroidery, woodwork, poetry, sewing etc.) contact Recreation at extension 811

AUTUMN FAIR

Monday, September 22

2:00 P.M. - 4:00 P.M.
IN TOWN SQUARE

MUSIC | GAMES & PRIZES
TREATS | MARKET

National Day for Truth & Reconciliation

Tuesday, September 30

Join us in honouring the children who never returned home and survivors of residential schools, as well as their families and communities.

**Join us in wearing orange to show
your support**



Village Life *Music & Vendors*

LIVE Entertainment

Grace Cowley

Friday, September 5
2:30 p.m. in Town Hall

Bellevegas Jass Guitarist “Don Moore”

Friday, September 12
2:30 p.m. in Town Hall

The Staccatos

Monday, September 15
7:30 p.m. in Town Hall

Katie Lammert @ Happy Hour

Wednesday, September 17
3:30 p.m. in the Main Floor Café

Favourites for Fall with Marilyn Reist & Opera Vocalist “Muriel Clemmer”

Thursday, September 25
2:30 p.m. in Town Hall

Karen Guitard on Piano

Tuesday, September 2 & 16
10:30 a.m. in Town Square



Vendors

U Wear it Well

Tuesday, September 9
10:00 a.m.—2:00 p.m.
Town Square

Creations Boutique

Wednesday, September 17
10:00 a.m.—2:00 p.m.
The Hobby Shop

Nelly’s Comfort Shoes

Tuesday, September 23
11:00 a.m.—4:00 p.m.
Town Square

Suzanne M Jewelry

Thursday, September 25
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



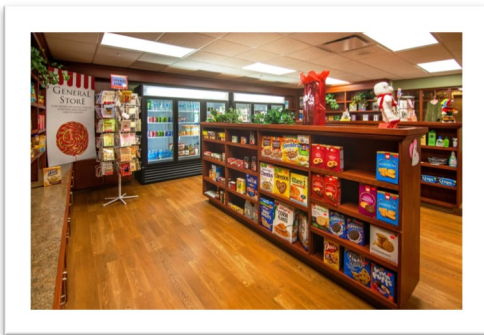
Village Life

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



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,
September
10 & 24
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!



If you're interested in attending, please contact Katie Lammert at Ext. 807 for more details!

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!



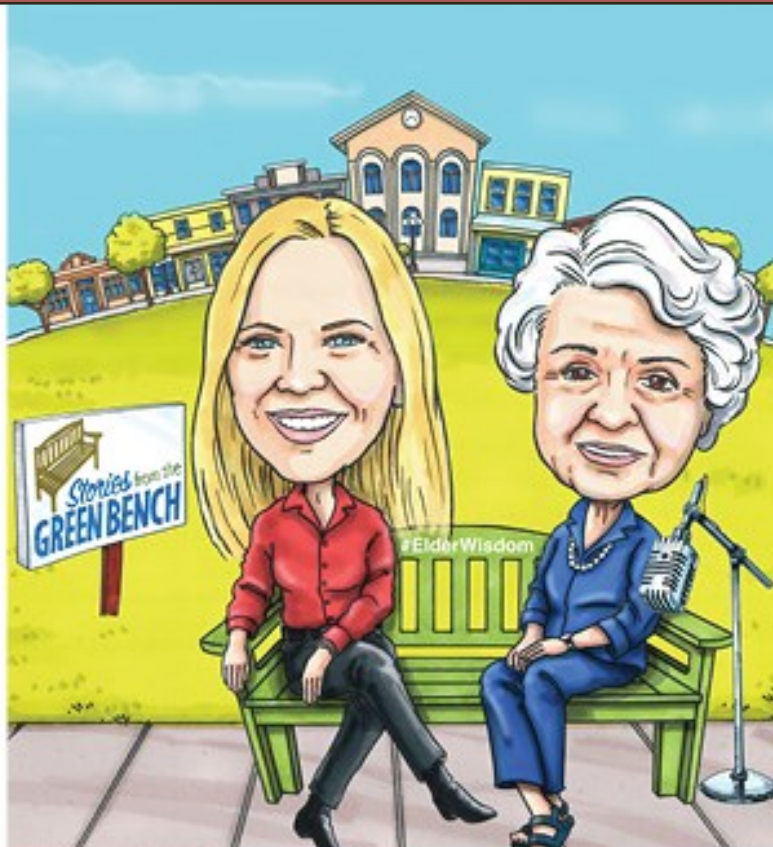
Village Life



Your seat on the green bench is ready and waiting.



SUBSCRIBE



Pharmacy & Home Health

Providing inclusive, patient-centred care to The Village since 2004!

Did you know that we offer:

- Custom **compliance packaging** to help you manage your medications with ease and confidence
- Fast, friendly **delivery** right to your doorstep
- At-home **medication reviews** with a trusted pharmacist
- A wide range of **home health care** items, including:
 - incontinence products
 - ostomy supplies
 - compression stockings
 - mobility aids, like rollators and canes
 - and many more aids for daily living!

Visit us next door at the **Arbour Medical Centre**
Contact us at **519-837-4594** or **hello@primecarepharmacy.ca**



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



September 7

Grandparents Day

The **GRANDEST** **GRANDPARENT** *Legacy quilt project*

As part of the 2024 Grandparents' Day celebrations, Schlegel Villages invited grandchildren to participate in the "Grandest Grandparent Legacy Quilt Project." The goal was for each grandchild to create a personalized 6x6-inch quilt square that showcased why their grandparent is "the grandest."

Many Villages hosted special Grandparents' Day events around the second Sunday of September, where grandparents and their grandchildren could work on their quilt squares together, fostering intergenerational bonding, storytelling, and cherished memories. From there, all quilt squares were collected and skillfully pieced together by talented Village quilters into a beautiful, cohesive quilt that symbolizes community, love, and legacy.



Throughout the month of September, we'll share why people felt theirs is the greatest grandparent, and we look forward to the quilt visiting every Village in the coming months.

National Day for Truth and Reconciliation

At the age of six, Phyllis's grandmother gave her a bright orange shirt for her first day of school. When she arrived at residential school, it was taken away – along with her other clothes – and never returned. For Phyllis, the colour orange came to symbolize the profound loss, disregard, and pain experienced by children in the residential school system.

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

On **September 30**, we join Canadians in honouring the National Day for Truth and Reconciliation and **Orange Shirt Day**, inspired by the story of Phyllis Jack Webstad.

At Schlegel Villages, our doors remain open as residents and team members come together in the spirit of learning, reflection, and conversation. Honouring diversity is one of our core values, and we believe that understanding the truth is essential to building an equitable future for all. We stand together and we remember that **Every Child Matters**.

Consider wearing an orange shirt on September 30, and understand the meaning behind it. You can purchase an official shirt through [orangeshirtday.org](https://www.orangeshirtday.org) to ensure a portion of the proceeds go to the Orange Shirt Society and other Indigenous-supporting organizations.

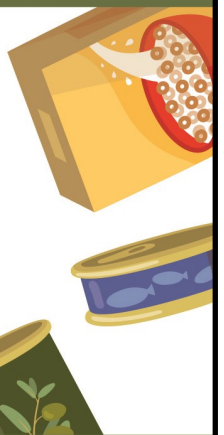
Schlegel Villages'

FOOD DRIVE

September is Hunger Action Month.

To show our support, we will be collecting donations for local food banks across Ontario!

Please speak with one of your recreation team members in your Village to learn how you can get involved!



The Power of Creativity: How the Arts Can Support Healthy Aging

As we age, staying active — mentally, emotionally, and physically — becomes more important. One powerful way to support well-being across all of these areas is through the arts.

Why arts matter for aging well

According to Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, the benefits of creative activities are wide-ranging:

“Studies have shown that participating in arts-based activities helps older adults in many different domains of well-being — physical, mental, emotional, social and spiritual,” said Dupuis. “You don’t have to be an artist to see these benefits. Simply watching a dance performance or listening to your favourite song can be just as powerful.”

During times of isolation, like COVID-19 outbreaks, the arts also serves as a lifeline, offering meaningful opportunities for connection.

Creativity comes in many forms

When people think of the arts, they often picture painting, dancing, or singing — but creativity takes many forms. Activities like baking, sewing, quilting, gardening, or even restoring an antique car can be just as impactful.



“We’ve seen people surprise themselves by trying something new,” said Dupuis. “Letting go of the idea of not being creative opens the door to joy, enrichment, and self-expression at any age.”

Some initiatives even bring generations together, such as programs where children and their parents join older adults in long-term care for music and movement activities, like Dupuis’ Intergenerational Jamboree program.

“When we think about aging, creativity and self-expression are so important for health and well-being, including brain health,” said Dupuis. “As the field of aging moves away from focusing solely on a medicalized model to a more holistic one, creativity demonstrates its power to connect, inspire, and support well-being.”

Whether it’s reading, painting, singing, dancing, gardening, or simply appreciating a performance, creativity can spark joy and connection at every age.

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!

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

September 3 – “Whiskey Galore” (1949)

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

1h 22m Rated: G

Cast: Basil Radford, Joan Greenwood, Catherine Lacey

September 10 – “Unforgiven” (1992)

Retired Old West gunslinger Will Munny reluctantly takes on one last job to avenge an injustice with the help of his old partner and a young would-be gunman calling himself “The Schofield Kid.”

2h 10m Rated: R

Cast: Clint Eastwood, Gene Hackman, Morgan Freeman

September 17 – “Runaway Jury” (2003)

A juror, a lawyer and a mysterious woman stand in the way of a man trying to manipulate an explosive trial.

2h 7m Rated: PG-13

Cast: John Grisham, Brian Koppelman, David Levien

September 24 – “Roman Holiday” (1953)

A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.

1h 58m Rated: G

Cast: Gregory Peck, Audrey Hepburn, Eddie Albert

September 5 – “Grumpy Old Men” (1993)

A lifelong feud between two neighbours since childhood only gets worse when a new female neighbour moves across the street.

1h 43m Rated: PG-13

Cast: Jack Lemmon, Walter Matthau, Ann-Margret

September 12 – “The Score” (2001)

An aging thief hopes to retire and live off his ill-gotten wealth with his lover when a young kid convinces him into doing one last heist that comes with a large Payout.

2h 4m Rated: R

Cast: Robert De Niro, Edward Norton, Marlon Brando

September 19 – “A Fish Called Wanda” (1988)

In London, four very different people team up on a jewel heist, then try to double-cross one another for the loot, complicated by their efforts to fool the very proper barrister Archibald Leach.

1h 48m Rated: R

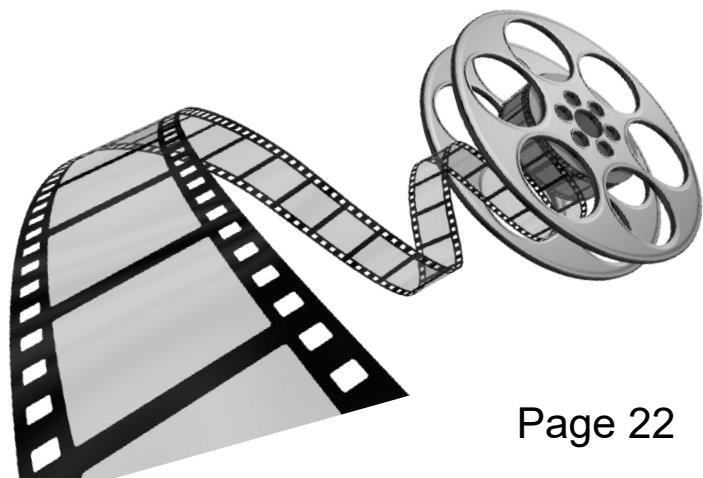
Cast: John Cleese, Jamie Lee Curtis, Kevin Kline

September 26 – “Ocean’s 11” (1960)

Danny Ocean gathers a group of his World War II compatriots to pull off the ultimate Las Vegas heist. Together the eleven friends plan to rob five Las Vegas casinos in one night.

2h 7m Rated: PG

Cast: Frank Sinatra, Dean Martin, Sammy Davis Jr.



Brought to you by
the Arbour Trails
Movie Crew



New members
are welcome!

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

September 6 – “My Best Friend’s Wedding” (1997)

When a woman’s long-time friend reveals he’s engaged, she realized she loves him herself and sets out to get him, with only days before the wedding.

1h 45m Rated: PG-13

Cast: Julia Roberts, Dermot Mulroney, Cameron Diaz

September 13 – “Raising Arizona” (1987)

When a childless couple— an ex-con and an ex-cop decide to help themselves to one of another family’s quintuplets, their lives become more complicated than they anticipated.

1h 34m Rated: PG-13

Cast: Nicholas Cage, Holly Hunter, Trey Wilson

September 20 – “Calendar Girls” (2003)

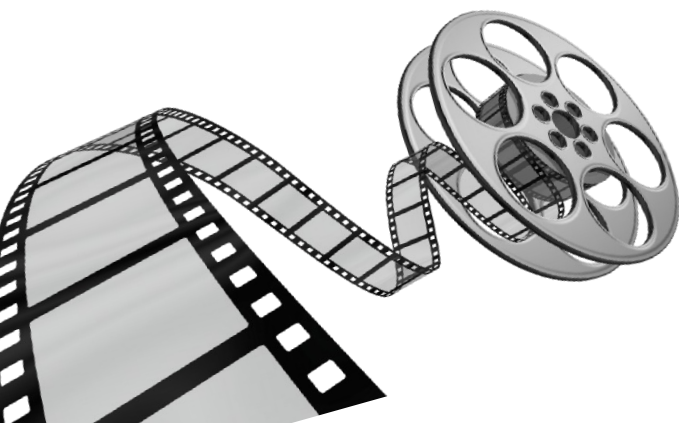
Best friends Chris and Annie are members of a charitable institution. When Annie’s husband succumbs to leukemia, the friends decide to pose nude for a calendar to raise funds for a local hospital.

1h 48m Rated: PG-13

Cast: Helen Mirren, Julie Walters,
Penelope Wilton

**Upcoming
Movie Crew
Meeting:**

Friday, September 5
10:30 a.m.
The Hobby Shop



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