



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.



OCTOBER 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 10

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Photo: "Autumn Maples" taken by a resident of Arbour Trails.



Resident Birthdays *October*

October 1—Harry Yates
October 2—Leslie Ferguson
October 4—Betty Mottin
October 5—Vivian Brown
October 5—Juliet Edgecombe
October 5—Sammy Lee
October 6—Janice Kostoff-Stokes
October 8—Ralph Bradley
October 8—Ed Kirkpatrick
October 9—Margaret Wyman
October 10—George Todd
October 10—Doug Kilpatrick
October 10—Richard Gedye
October 11—Harold Crawford
October 12—David Bernon
October 12—Roger Gaulin
October 14—Barbara Cook
October 15—Agueda Bazan

October 16—John Churchman
October 18—Joan Farbridge
October 20—Fred Norton
October 20—Theresa Rodrigues
October 22—Reg Broughton
October 22—Lynne Kerr
October 24—John Thomson
October 24—Lynn Groves
October 25—Lorna Sutherland
October 25—Carolann Johnston
October 27—Vera McCombie
October 27—Don Cook
October 27—Shelley Lee
October 30—Thelma McIntyre
October 30—Shirley Freestone
October 31—Carolyn Weeks
October 31—Ruth Nelson

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**



Please join us in
welcoming Arbour
Trails' newest
residents!

Williamsburg & Becker Neighbourhoods

Donna Sunter

Ailsa Craig Neighbourhood

Adelle and Fred Norton
Ed MacPherson



A Message From Residents' Council



Dear Residents,

Fall is here, and I hope many of you are able to get outside and enjoy the wonderful sunshine—so lovely and warm for these final days. Do enjoy it along with the special smells of the season and the spectacular colors.

The week of September 15th was Residents' Council Week. There was a table of informative literature available for the residents who might be interested in being part of the council. On the 17th, we gathered in the Town Hall for an informative presentation by Diane Manalastas, Assistant Director of Wellness, regarding inoculations for this year. Diane explained the various inoculations available, why we need them, and when we can expect to get our vaccines—most likely in October. Following the presentation, we proceeded to the café, where the Residents' Council was introduced, followed by one-on-one conversations with the various members, along with coffee and donuts. This led into Happy Hour with Katie entertaining us with her beautiful voice and songs that were familiar to us. Thanks so much, Katie—we do not want to lose you to stage life!

On Monday, September 21st, Arbour Trails welcomed fall with a festival in the Town Square. It was very festive with the fall decorations. We are welcoming many new residents along with some new four-legged friends. So nice to see, and the owners are pleased to have a friendly word too. Do you remember how hard it was in the beginning to find your way around? Perhaps you can help.

There is so much to look forward to in October—Oktoberfest (be sure to join in the fun) and Thanksgiving. I will not mention the next big holiday!

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,

I was pleased to be in the audience on September 2nd when our newly elected Member of Parliament, Dominique O'Rourke, spoke to residents of Arbour Trails. It's important for our elected representatives to hear from constituents other than during elections, and I was happy that we could arrange for MP O'Rourke to visit the VBA so early in her mandate.



It's always amazing to witness citizens asking questions that are important to them, followed by a thoughtful exchange of ideas and solutions (including the one asked by Ailsa Craig resident and VBARA Executive member, Lyn McLeod – see photo).

On Saturday, September 13th, the Activity Fair took place in Reid Hall. Over 75 VBARA activity groups and standing committees interacted with residents from all over the VBA. It was a wonderful opportunity to learn about the many ways to be involved, active, and engaged. I was thrilled to see many of you wandering around the Hall as well as staffing some of the activity group booths.

You may have heard (or noticed) we now have an advance left-hand turn into the VBA, which came from a year of working with the City to convince them of the need to give us a way to manage the heavy traffic on Stone Road. Whether walking, biking, or driving, it's a relief that the intersection is much safer for all of us.

Enjoy the fall weather!

All the best,

Pat Sorbara

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

In Memoriam

**Fred Howlett
Ken Bradley**

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

About a month ago, I was driving to work. My usual route was under construction, so I let my GPS show me a different one. At one point, unbeknownst to me, the two-lane street I was on became one lane and I almost sideswiped a pickup truck. The passenger in the truck lowered his window, so I did the same. He blasted me and called me an idiot. My first response was to say, "You're right. This (near miss) is entirely my fault. I'm new to Guelph and don't know the roads yet. I'm sorry." At this, there was a brief pause before the man completely changed his tone. He said everything was "OK" and that when the traffic light ahead of us changed to green, he would stay put to give me a chance to move into the lane ahead of him. Then he gave me a smile and a wave and rolled up his window.

Afterward, I thought about the incident. After narrowly avoiding a sideswipe collision, the other driver and I both felt fear. As we all do on occasion, he expressed his fear as anger, but once I responded with an apology, he was quick to replace his anger with forgiveness. I share this little incident not to make myself look especially good and decent (In truth, on a different day my frustration might have seen me speaking out in anger).

In retrospect, what happened is that when grace and forgiveness were brought into our little situation, they chased the fear and anger away—just as a little friendliness turned a potential conflict into a pleasant and helpful exchange for two motorists.

Most of us believe (or want to) that at a larger, cosmic level, when love meets hate, hate will wither and love will triumph. It turns out that this is often true in the everyday exchanges of life. Let this be an encouraging reminder to us all.

Let this also be a challenge to each of us to meet fear, hostility, even malice, with kindness, decency, and love. This is the level at which you and I can make the world a better place.

Blessings,

Chaplain Phil

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

Village Message Board



226-251-3065

32 Bayberry Drive, Guelph

SAVE THE DATE!

Saturday, November 22
10:00 a.m.—3:00 p.m.

Join us in celebrating the holiday season with live music, prizes, photos with Santa, local vendors, and more!

If you're interested in being a vendor, call Katie at Ext. 807 for more information.

Share Your Adventures in Armchair Travels!

Each month, Armchair Travels highlights a different destination as residents and team members share their personal travel experiences.

It's a wonderful way to reminisce, learn something new, and connect with other travel lovers in our community.

We'd love to have more participants share their stories—whether it's a favorite trip, a memorable adventure, or a place close to your heart.

If you're interested in taking part, please contact Recreation at Ext. 811



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	Friday, October 17	2:30 p.m.	The Library
Thanksgiving Dinner (reservations Required for guests)	Sunday, October 12	Your Usual Meal Seating	The Dining Room

Dining Room Reservation Info:

We understand the importance of sharing meals together and we encourage family and guests to join their loved ones for a meal in the village. In order to accommodate everyone, we kindly request a 24-hour notice to ensure that a table can be set up for you and your loved one.

**To make a reservation, please contact our reservation number at:
(519) 836-2464**

Catering & Room Booking Info:

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!



October 6th - 12th is Active Aging Week!!!

Active Aging Week strives to promote the beneficial effects of physical activity on holistic health, and celebrates the underestimated capabilities of Older Adults

This year we challenge you to improve your cardio-respiratory fitness by completing 30 minutes of continuous exercise every day for 7 days! This can be done through walking, using the Nustep machine or participating in an exercise class

This week, we will be ending each PAL Exercise Class with a competition. This could be related to strength, balance or coordination. Come by each day for a fun exercise class and contest.

Winners will receive a prize!



If you have any questions about at home programs, group classes or mobility equipment come see Megan or Miranda in the Fitness Centre, or you can call ext. 808.

Fitness Classes at a Glance **(see calendar for changes)**

Fitness Centre (FC)
Jack Purcell Lounge (JPL)
Hobby Shop (HS)

Mondays:

VON Exercise Class:

11:00 — Ailsa Craig (JPL)

Better Balance:

10:00 — Standing Class (FC)

3:00 — Ailsa Craig (JPL)

Get Active:

2:00 — Seated Class (FC)

Tuesdays:

Fun & Fitness:

10:00 — Egerton

11:00 — Emma's

VON Exercise Class:

11:00 — Ailsa Craig (JPL)

Stretch Class:

3:30 — Open to All (FC)

Wednesdays:

VON Exercise Class:

9:30 — Open to All (FC)

11:00 — Ailsa Craig (JPL)

Get Active:

10:15 — 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)

Outside Walks:

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: Husking Corn and the Terry Fox Walk.
Middle: Elder Wisdom event at the Mohawk Village Memorial Park.
Bottom: The Village Art Show and celebrating Autumn at our Autumn fair!

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

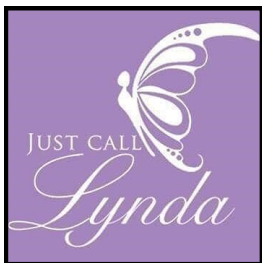
2:00 p.m. — Front Entrance

2:05 p.m. — Ailsa Craig

SIGN-UP REQUIRED.

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

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:
Thursday, October 2
at 11:15 a.m.
in the Hobby Shop

See your neighbourhood calendar for upcoming outing dates and details!

Village Life *October Happenings*



National Seniors Day—Wednesday, October 1

Visit the Green bench in Town Square and share your #ElderWisdom!

World Smile Day Café

Friday, October 3 at 3:30 p.m. in the Main Floor Café

Join us after entertainment as we celebrate World Smile Day with tasty treats and a fun photobooth. Bring your best grin, strike a pose, and share the joy!

World Hospice and Palliative Care Day—Saturday, October 11

Visit our resource table in Town Square to learn more about the comfort, dignity, and support that hospice and palliative care provide.

Thanksgiving Pie Social

Monday, October 14 at 3:00 p.m. in the Main Floor Café

Choose from a variety of delicious pies, enjoy good company, and add a leaf to our Gratitude Tree in Town Square as we celebrate the season together.

Spiritual Care Week—Sunday, October 19—Saturday, October 25

Join us as we recognize Spiritual Care Week, a time to reflect on the importance of spiritual support in our community. Visit the Resource Table outside the Chapel to learn more and discover ways spiritual care can bring comfort, connection, and meaning to our lives.

Residents' Council Meeting

Wednesday, October 15 at 2:30 p.m. in Town Hall

See the posters in the elevators and community boards for more details!

Arbour Trails' Annual Oktoberfest Celebrations

Wednesday, October 22

Games at 3:00 p.m. & Party at 7:30 p.m. in Town Square

Put on your Oktoberfest spirit and join us for a day of fun! Enjoy games, festive treats, and live music with The Black Forest Band! See posters for more details.

Halloween Celebrations

Friday, October 31 at 2:30 p.m. in Town Hall

Pumpkin Carving Contest—Vote in Town Square from October 30-31. Winners announced at the end of the Halloween Party!

Annual Masquerade Party—Join us for a spooktacular afternoon of Halloween fun! Enjoy festive treats and live music with the Beautiful Noise Band. Costumes encouraged—dress up and celebrate with us!



Village Life *VBA* Happenings

Pro Musica presents

Eybler Quartet: Passion and Flair

Sunday, October 5, 3:00 p.m. in Reid Hall

Tickets: \$20 or \$25 at the door



The **Eybler Quartet** presents irresistible performances through its embodiment of the passionate approach to music-making in the 18th century, often done in non-traditional performance spaces. Violinists Julia Wedman and Patricia Ahern and violist Patrick Jordan are members of the internationally acclaimed *Tafelmusik* Baroque Orchestra. Cellist Margaret Gay is much in demand playing on both modern and period instruments.

The **Eybler Quartet** brings a unique combination of talent and skills: razor-sharp ensemble skills, technical prowess, expertise on instruments like those played in the 18th and 19th centuries, and an unquenchable passion for the repertoire of that time... a concert not to be missed.

Tackling Climate Change



Anabela Bonada

Managing Director for Climate Science, The Intact Centre on Climate Change Adaptation, University of Waterloo

How Can We Work Together To Transform Our World?

Tuesday, October 28

10:00 – 11:30am

At the Village Centre, in Reid Hall

A Panel Discussion
Presented by



Bryan Ho-Yan

Manager, Energy and Climate Change, City of Guelph

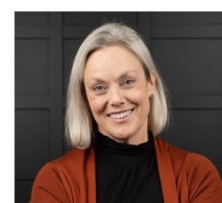


Mike Marcolongo

Associate Director, Environmental Defence

Tova Davidson

Executive Director, Sustainable Waterloo Region



Village Life *Music & Vendors*

LIVE Entertainment

New Horizons Big Band

Friday, October 3
2:30 p.m. in Town Hall

Kevin Coates

Monday, October 6
2:30 p.m. in Town Square

Katie Lammert at Happy Hour

Wednesday, October 15
3:30 p.m. in the Main Floor Café

The Black Forest Band

Wednesday, October 22
7:30 p.m. in Town Square

Beautiful Noise Band

Friday, October 31
2:30 p.m. in Town Hall

Karen Guitard on Piano

Tuesday, October 7 & 21
10:30 a.m. in Town Square



Vendors

Adrian's Fashions

Thursday, October 9
10:00 a.m.—2:00 p.m.
The Hobby Shop

The Boutique

Tuesday, October 14
10:00 a.m.—2:00 p.m.
Town Square

CREATIONS Boutique

Thursday, October 16
10:00 a.m.—2:00 p.m.
The Hobby Shop

Bella Boutique

Thursday, October 30
10:00 a.m.—2:00 p.m.
Town Square

Barb's Produce

Thursday, October 2 & 9
9:00 a.m.—1:00 p.m.
Outside the Main Entrance



Happy Hour!

Featuring LIVE music with
Arbour Trails
resident "Bill Parker"

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



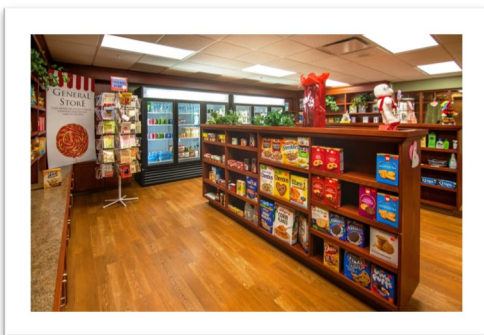
Village Life

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,
October 8 & 22
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!

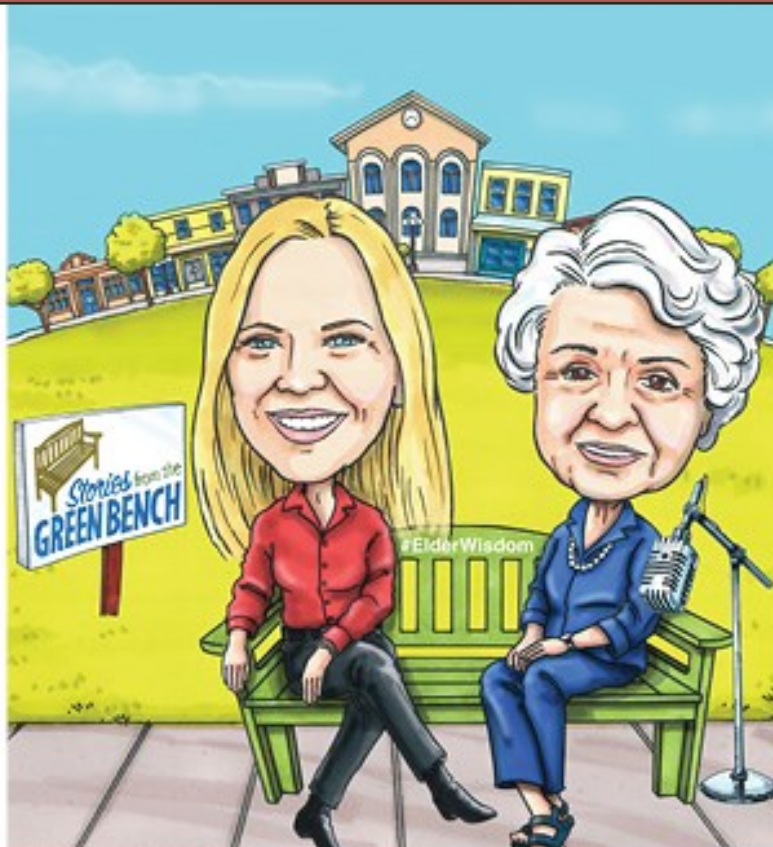
Village Life



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



there's always
SOMETHING
TO BE
thankful
FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

Continued on page 2.

Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.



Beyond our own communities, the bench travelled to Elmira, to our nation's capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.

WISDOM *of the*
ELDER



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.



Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit the-ria.ca/nid.

To receive updates from the RIA, subscribe to our newsletter at the-ria.ca/subscribe.

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

October 1—"Michael Clayton" (2007)

A law-firm "fixer" (George Clooney) uncovers corruption and fights moral dilemmas. George Clooney, Tom Wilkinson, Tilda Swinton, Sydney Pollack.

2h Rated: R

Cast: George Clooney, Tom Wilkinson, Tilda Swinton, Sydney Pollack.

October 8—"When Harry Met Sally" (1989)

Over a decade, Harry and Sally debate whether men and women can just be friends, eventually falling in love.

1h 35m Rated: R

Cast: Billy Crystal, Meg Ryan, Carrie Fisher, Bruno Kirby.

October 15—"The Bucket List" (2007)

Two terminally ill men escape hospital to tick off life goals from a "bucket list."

1h 37m Rated: PG-13

Cast: Jack Nicholson, Morgan Freeman, Sean Hayes, Beverly Todd, Rob Morrow.

October 22—The Guernsey Literary and Potato Peel Society (2018)

A post-WWII writer visits Guernsey and uncovers stories about island life under German occupation while forming bonds.

2h 4m Rated: G

Cast: Lily James, Michiel Huisman, Glen Powell.

October 29—Erin Brockovich (2000)

True-story: Erin Brockovich (Julia Roberts) builds a legal case against a company polluting a city's water.

2h Rated: R

Cast: Julia Roberts, Albert Finney, Aaron Eckhart.

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

October 4 – "The Naked Gun" (2025)

Lieutenant Frank Drebin Jr becomes a police officer like his legendary father and must save the police department from shutting down by solving a case.

1h 25m Rated: PG-13

Cast: Liam Neeson; Pamela Anderson.

October 11– "Thelma" (2024)

A young woman discovers supernatural powers, struggling with identity and dark forces.

2h 20m Rated: PG-13

Cast: June Squibb; Fred Hechinger.

October 17– "The Grand Budapest Hotel" (2014)

The concierge of a grand hotel and his lobby boy are drawn into theft, murder, and changing politics.

1h 40m Rated: R

Cast: Ralph Fiennes, Tony Revolori, Saoirse Ronan, Willem Dafoe, Adrien Brody, Tilda Swinton.

October 24– "In the Line of Fire" (1993)

A Secret Service agent (Clint Eastwood) must stop an assassin plotting to kill the President, haunted by past failure.

2h 8m Rated: R

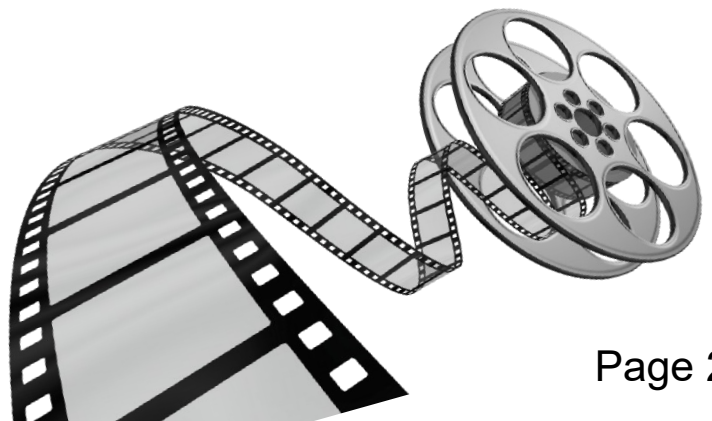
Cast: Clint Eastwood, John Malkovich, Rene Russo.

October 31—"Thursday Night Murder Club (2025)

Elder amateur sleuths investigate a murder that leads them into a dangerous conspiracy.

1h 58m Rated: PG-13

Cast: Helen Mirren, Pierce Brosnan



Brought to you by
the Arbour Trails
Movie Crew



**New members
are welcome!**

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

October 11—"The Shape of Water" (2017)

In 1960s America, a mute janitor forms a relationship with an amphibious creature held in a secret government lab.

2h 3m Rated: R

Cast: Sally Hawkins, Michael Shannon, Octavia Spencer, Richard Jenkins, Doug Jones.

October 18—"Ghostbusters" (1984)

A team of scientists turn ghost-busting into a business and battle supernatural forces in New York.

1h 45m Rated: PG

Cast: Bill Murray, Dan Aykroyd, Harold Ramis, Sigourney Weaver, Rick Moranis.

October 25—"Monsieur Hulot's Holiday" (1953)

Monsieur Hulot spends a vacation in a seaside resort, causing comedic chaos with his eccentricities.

1h 40m Rated: PG Cast: Jacques Tati.



**Tuesday, October 21
at 5:00 p.m.
in Town Hall**

Featuring "Gone with the Wind" (1939)

A sheltered and manipulative Southern belle and a roguish profiteer face off in a turbulent romance as the society around them crumbles with the end of slavery and is rebuilt during the Civil War and Reconstruction periods. **3h 58m Rated: G**

Cast: Clark Gable, Vivian Leigh, Thomas Mitchell

\$5.00 per resident (Pizza, Pop, & Desert)

**Sign-up outside the Hobby Shop
is required.**

Your Movie Crew members:

Ann B. — suite 387, Becker
Doug K.— suite 371, Becker
David M.— suite 314, Becker
Don B. — suite 335, Becker
Liz. B — suite 320, Becker
Judy G. — suite 368, Becker

***New members are
always welcome!***

**Upcoming Movie Crew
Meeting:**

Friday, October 3
At 10:30 a.m. in 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
Fazier Hoosein	Director of Lifestyle Options	826	fazier.hoosein@SchlegelVillages.com
Marika Jach	Village Experience Coordinator	827	marika.jach@schlegelvillages.com
	Emma's & Egerton Neighbourhood Coordinator	805	
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 Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500