



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.



NOVEMBER 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 11

Page 2: Resident Birthdays

Page 3: Village Messages

Page 7: Dining News

Page 8: Program for Active
Living

Page 9: Village Life

Page 17: Schlegel Villages
Connections

Page 19: Research Matters

Page 20: Monthly Movies

Page 22: Village Team
Directory



Photo: "November Solitude" taken by a resident of Arbour Trails.



Resident Birthdays *November*

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**



Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

Let's Celebrate

A Message From Residents' Council



Dear Residents,

How have you enjoyed this fall? The weather has been quite lovely! The colors may not have been quite as vibrant this year, but beautiful nonetheless. We now look forward to the coming seasons with all their changes — perhaps even a nice white Christmas. That will come soon enough!

Oktoberfest was celebrated with the always-delightful Black Forest Band, whose music had everyone's toes tapping. Then came Halloween, full of costumes, pumpkins, and candy. It's such a fun time of year, especially for children — of all ages! It will be interesting to see how many of us “grown-ups” dressed up. I hope you all had a wonderful time!

Our Christmas Market will be held on Saturday, November 22nd, marking the beginning of our special holiday season. The lovely decorations will soon be up to make everything bright and cheerful. Hopefully, Santa will see it in his heart to bring us some goodies too — and who knows, maybe the Elf on the Shelf will make an appearance!

With warm wishes,

Marilyn Wax

President of the Residents' Council Executive

A Message From The VBA

A Message from VBARA President Pat Sorbara - New Activity Boxes Installed at Arbour Trails & Ailsa Craig

Your participation matters to VBARA – your village residents' association. To make it as easy as possible for you to return your response slips for VBA events, an Activity Box has been placed in both Arbour Trails and Ailsa Craig.

I want to thank VBA resident Bob Curtis for designing and building the boxes and Marty Grieve, co-chair of the Activity and Functions Standing Committee who worked with Katie Lammert to implement this project.

**Arbour Trails Response Box Location –
outside the hobby shop**



**Ailsa Craig Response Box Location – beside
the TV near Reception**



Why it Matters:

In the past, response slips and payments could only be dropped off at the Village Centre. With these new boxes, you now have the convenience of submitting them right in your own building. We hope this added convenience encourages more residents to take part in the many exciting events planned for this fall and beyond. We look forward to seeing you soon!

Questions?

- **Katie Lammert** – katie.lammert@schlegelvillages.com
- **Marty Grieve** – vbara.vicepresident@gmail.com

In Memoriam

Fred Howlett
Ken Bradley
Cynthia Gedye

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 month of November is a time of transition. Not long ago, we celebrated Thanksgiving, and at the end of the month comes Advent and the beginning of the busy holiday season. But before then, on November 11th, we have the opportunity to pause and remember the men and women who fought to make our country free, as well as those who continue to serve today.

Unfortunately, there is much turmoil in many countries around the world, and rather than peace, many people face each day with anxiety, war, and upheaval all around them. As we see what is happening around us, we do not take for granted how our freedom was gained and the relative peace within our country.

Remembrance Day calls us to reflect not only on the past but also on the future. The freedoms and peace we enjoy today were hard-won, and they remind us of our shared responsibility to build a kinder, more understanding world.

May we remember with gratitude, honour with respect, and commit ourselves to the ongoing work of peace in our communities and beyond.

Let us remember the song that says, "Let there be peace on earth, and let it begin with me!"

May it be so!

Blessings,

Chaplain Beverleigh

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

Village Message Board

A Message from Hospitality

We are looking for residents who may be willing to switch from second seating to first seating. If you're open to changing your mealtime, please let the Hospitality team. Your flexibility is appreciated!

Thank you,

Leticia Damas

Director of Hospitality
Ext. 804

Remembrance Day: Honouring our Veterans

We would like to recognize the Veterans who live at Arbour Trails community. If you would like to be acknowledged on our Remembrance Day list of Veterans, please let Katie Lammert know.



Thank you,

Katie Lammert

Director of Recreation &
Volunteer Services

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



A Message from Maintenance

We kindly remind everyone to place recyclables in clear plastic bags only. Please avoid using dark or black garbage bags for recycling, as they do not comply with waste management guidelines.

Additionally, ensure that only recyclable items are placed in the clear bags. Thank you for your cooperation and for helping us maintain a clean and compliant environment.

Thank you,

Anuj Solomon

Director of Environmental Services
Ext. 829

Dining News



Event	Date	Time	Location
Food Committee Meeting	Friday, December 5	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!

Save the Date: Holiday Dinners!

Mark your calendars — our annual Holiday Dinners are coming up!

- * **Tuesday, December 9:** Ailsa Craig (Residents Only)
- * **Thursday, December 11:** Emma's, Egerton, Williamsburg & Becker Neighbourhoods



Please do not RSVP yet — full event details and RSVP information will be shared soon. We look forward to celebrating the holiday season together!



Share your feedback: Hospitality Comment Cards

Hospitality comment cards are available on the bar counter and are collected daily. Please remember to include your name, date, and (if possible) room number so we can track comments and provide feedback as quickly as possible.



Program For Active Living (PAL) Corner!



Happy November Arbour Trails!



November is Falls Prevention Month! Starting **Tuesday November 18th at 10:00am in the Fitness Center** the VON will be holding a series of weekly educational seminars on the topic of **OSTEOARTHRITIS**. Come out to learn more about arthritis, how to manage it safely and its effect on falls!



Although falls happen and are sometimes out of our control, it can help to be aware of the factors that may increase your risk of falling. These factors could include: previous history of falls, impaired balance, reduced muscular strength, vision loss, environmental factors, and being over 80 years of age.

Below are a few tips to reduce the risk of falls:



Mobility Aids: Mobility aids (i.e. cane, walker) assist us in getting around safely and efficiently. If you have a mobility aid, please remember to use it as much as possible and reach out if you are having issues with it!

Strength Training: Strengthening and resistance exercises are important for maintaining the muscle mass and strength needed to support ourselves. Come try out our Get Active classes on Wednesdays at 10:00am (standing) or 2:00pm (sitting) in the Fitness Center!

Balance Training: Balance exercise is a great way to improve your steadiness, coordination and overall balance. Come try out our standing Better Balance class on Mondays at 10:00am in the Fitness Center!

Vision Impairments: Try to schedule regular eye exams to monitor changes to your vision!



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)

Gentle Exercise:

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:

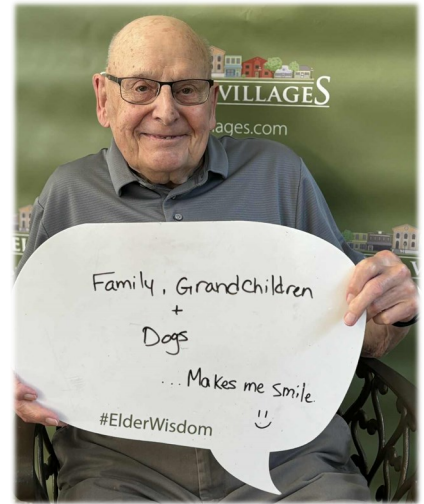
10:00 — Emma's

11:00 — Egerton

Parallel Bars Balance Class:

2:45 — Open to All (FC)

Village Life *Last Month in Photos*



Top: World Smile Day! Residents were asked "what makes you smile?"

Middle: Pumpkin carving and autumn art hour painting.

Bottom: Annual Oktoberfest Party with the Black Forest Band & beer stein holding competition!



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

NEW! 12:00 p.m. — Ailsa Craig

2:00 p.m. — Front Entrance

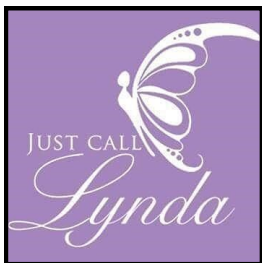
2:05 p.m. — Ailsa Craig

SIGN-UP REQUIRED.

Please see outside the Hobby Shop and Ailsa Craig Main Floor.

NEW! We are trialing a third shuttle time this month for Ailsa Craig Neighbourhood! To ensure everyone has a chance to participate, we kindly ask that each resident sign up for only one shuttle, as space is limited.

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, November 6
at 11:15 a.m.
in the Hobby Shop

See your neighbourhood calendar for upcoming outing dates and details!

Village Life *November Happenings*

Daylight Savings Time—Sunday, November 2

Don't forget to turn your clocks BACK one hour before you go to bed on Saturday night! Enjoy that extra hour of rest as we "fall back" into standard time.

Special Movie Showing:

"We Lend a Hand—The Forgotten Story of Ontario Farmerettes"

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

Join us for a special showing of this touching film that shares the stories of young women who helped keep Canada's farms running during the Second World War. A wonderful way to reflect on courage and community before Remembrance Day.

Remembrance Day Service

Tuesday, November 11 at 10:30 a.m. in Town Hall

We gather together to honour the bravery and sacrifice of those who served and continue to serve our country. Please join us for a time of remembrance, reflection, and gratitude.

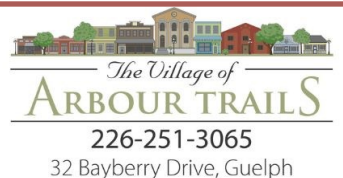
World Kindness Day—Thursday, November 13

Let's celebrate the power of kindness! Take a moment to do something thoughtful for a neighbour, friend, or team member. Small acts of kindness make a big difference in our Village community.

Residents' Council Meeting

Wednesday, November 26 at 2:30 p.m. in Town Hall

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



**Saturday
November 22**

10:00 a.m. - 3:00 p.m.

Mainstreet, Town Hall, and The Hobby Shop

Join us in celebrating the holiday season with 20+ vendors, live music, prizes, photos with Santa, and more!

Interested in being a vendor?

Contact Katie Lammert at katie.lammert@schlegelvillages.com by November 10 for more information. Vendor Spaces are limited.



Village Life *VBA* Happenings

No
Transportation
from Arbour
Trails
Available

Pro Musica presents

A Poe Cabaret

A TOM ALLEN PRODUCTION

Sunday, November 2, 3:00 pm in Reid Hall

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

Welcoming
the gathering darkness of Autumn

The compelling and tragic life story of Edgar Allan Poe with great music by Debussy, Caplet and Alexina Louie, together with Poe's greatest stories.



This concert is haunted by three of Poe's stories: the crumbling gothic shadows of *The Fall of the House of Usher*, the cautionary quarantine epic *The Masque of Red Death*, and a musical setting of Poe's greatest success and deepest heartbreak – *The Raven*. Through storytelling and poetry—narrated by Tom Allen—and riveting music performed with harp and string quartet, *A Poe Cabaret* will bring the chilling life and art of Edgar Allan Poe in from the cold.

CABARET 2025



UPSTAGE ANTICS COMEDY, CHAOS AND CALAMITY

SOLD OUT - Friday and Saturday

Still some tickets for:

Wednesday, November 19..(Theatre Style)

Thursday, November 20.....(Cabaret Style)

Ticket order forms are in
October and November
Tree Talk



November 19

(Auditorium Seating—No Bar)

November 20

(Cabaret Seating)

**both performances are
at 7:30 p.m. in Reid Hall**

*Tickets available through Tree Talk. Response
slips will also be available by the
VBA activity boxes (see newsletter pg.4)*

**Arbour Trails is offering transportation for:
Wednesday, November 19**

Please sign-up for transportation outside the
Hobby Shop or Ailsa Craig Main Floor

Village Life *Music & Vendors*

LIVE Entertainment

Grace Cowley

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

University of Guelph Med Muse Concert

Saturday, November 8
2:30 p.m. in Town Hall

Eramosa Suzuki Strings Student Recital

Saturday, November 15
2:30 p.m. in Town Hall

The Royal City Ukulele Ensemble

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

The Village Band

Monday, November 24
2:30 p.m. in Town Hall

Just Sing Choir

Tuesday, November 25
7:30 p.m. in Town Hall

Karen Guitard on Piano

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



Vendors

Bella Boutique

Monday, November 3
10:00 a.m.—2:00 p.m.
Town Square

KMW Clothing

Thursday, November 6
10:00 a.m.—3:00 p.m.
The Hobby Shop

CREATIONS Boutique

Tuesday, November 18
10:00 a.m.—2:00 p.m.
The Hobby Shop

Annual Christmas Market

**Saturday, November 22
from 10-3**

Come see 20+ vendors on Main Street, the Hobby Shop, and Town Hall!



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

1:30 p.m. to 3:30 p.m.

Tuesday

1:30 p.m.—3:30 p.m.

Wednesday

10-12 & 1:30 p.m.— 3:30 p.m.

Thursday

1:30 p.m. to 3:30 p.m.

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,
November
5 & 19 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!

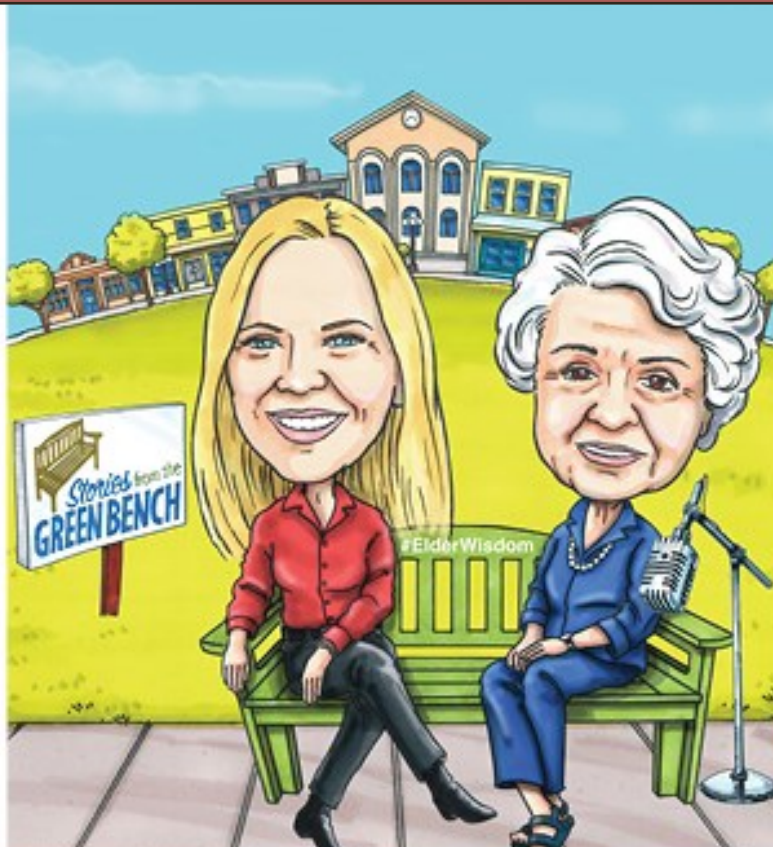
Village Life



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



Each year on the 11th hour of the 11th day of the 11th month, our entire Schlegel Villages community pauses in quiet reflection. Across our Villages, we wear the red poppy as a visible symbol of remembrance and gratitude — a promise to hold close the memory of those who served.

Today, veterans of the Second World War are far fewer in number. Yet their stories, their courage, and their sacrifice remain deeply woven into our collective history. We honour not only them, but also the grandparents, sons, daughters, siblings, and spouses whose lives were shaped — and sometimes forever altered — by war. In every generation, we've known conflict and selfless people who have stepped up in service of their neighbours, and there are threads of memory, sometimes bold, sometimes faint, that connect us through grief, pride, loss, and hope.

Within our Villages, residents, team members, and families share in remembrance. We gather, we listen, and we reflect on all we cherish because of those who gave so much. We remember the names, the faces, the hopes deferred, and the enduring legacies of sacrifice. We honour the past, and we recommit to peace. As we witness conflict around the world, we are reminded that these men and women fought not for war itself, but for the promise of a more peaceful future. That promise is ours to uphold.

Let us hold in our hearts all those within our Villages who remember loved ones who served — the families, the descendants, the friends. And may we all, together, strive today and always to live in a way that honours their memory: with gratitude, reflection, compassion, and a steadfast hope for peace.

November 11 **Lest we forget**

Schlegel Villages – CONNECTIONS

November is

FALLS PREVENTION MONTH



It takes a community to prevent a fall: **We all have a role to play!**

November is Falls Prevention Month, and across our Villages, we take this time to recognize the extraordinary efforts of our **Program for Active Living (PAL) team** members who lead the way in helping residents stay strong, balanced, and confident in their mobility.

Our kinesiologists and exercise therapists bring expertise and creativity alongside the clinical teams in every Village to guide residents through exercises and functional movements that build strength and reduce the risk of injury. Yet as they often remind us, falls prevention is truly everyone's responsibility. Every team member, every resident, and every loved one has a role to play — whether it's encouraging safe movement, removing a potential tripping hazard, or simply offering a steadying hand.

Falls can happen, but with awareness, teamwork, and the daily commitment of our PAL teams and all who support them, we can help reduce risk and keep our communities safer for everyone. This month, and always, we are grateful for the dedication of our PAL professionals and for the care and commitment that defines life in our Villages.



Questions?
Speak to **your PAL team.**

The Mystery of Unexplained Falls

Falls are a major concern for older adults, often leading to poorer health and loss of independence. While we often think of falls being caused by a trip or slip, about 25 per cent of falls that lead to a hospital visit have no clear cause. These unexplained falls are more likely to result in hospital stays.

To better understand unexplained falls and their impact on older adults the RIA recently brought together 32 experts from across Canada — including healthcare providers, researchers, and policymakers — to share insights and develop a plan to better understand and prevent these falls.

Researching Better Solutions

The Think Tank identified four top areas for future research to tackle this problem:

1. Using data collected from wearable technologies to better understand the symptoms that happen right before an unexplained fall.
2. Creating a research network to establish standardized ways to check for and treat unexplained falls across Canada.
3. Identifying system-level tailoring of standardized diagnosis and treatment that works well across different patient groups and care settings.
4. Conducting a thorough review to summarize what is already known about screening, risk, interventions, and care for unexplained falls.



Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, presents his research at the Think Tank.

Ultimately, the goal is to develop a plan that includes screening (checking for things like hydration, thinking abilities, and low blood pressure), grouping people based on their level of fall risk, and individualized treatment.

Helpful Tips to Avoid Falls

- Ask for help! Use your call bell if you feel dizzy, unsteady, or need to get up, especially at night or when getting out of bed.
- Choose sturdy, non-skid shoes or slippers that fit well and have a closed back.
- Keep your room free of clutter, throw rugs, electrical cords, and anything else you could trip over.
- Regular, gentle exercise helps maintain strength and balance. Good hydration at eating regularly is also key, as dehydration and low blood sugar can contribute to dizziness.
- Take your time when going from lying down to sitting, and from sitting to standing.

As part of this work, the RIA is hosting the Aging Well in Place event on November 28. In addition to fall prevention, attendees will learn about nutrition. Attendees can attend virtually or in person at the Waterloo Community Pavilion. To learn more and register, visit the-ria.ca/events/aging-well-in-place or call 519.904.0660.

Brought to you by
the Arbour Trails
Movie Crew



Times are subject to
change. Please see your
calendar and the daily
activity boards for
Changes.

Wednesday Movies

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

November 5: “Good Will Hunting” (1997)

A gifted janitor at MIT is discovered for his genius but must confront his troubled past with the help of a compassionate therapist.

2h 6m Rated: R

Cast: Robin Williams, Ben Affleck,
Matt Damon

November 12: “Inglorious Bastards” (2009)

A group of Jewish-American soldiers plot to assassinate Nazi leaders in occupied France, crossing paths with a woman seeking revenge for her family’s murder.

2h 33m Rated: R

Note: Contains strong wartime violence and mature themes.

Cast: Brad Pitt, Christoph Waltz

November 12—“Mamma Mia” (2008)

A bride-to-be invites three men from her mother’s past to her Greek island wedding, hoping to discover which one is her father.

1h 48m Rated: PG-13

Cast: Meryl Streep, Amanda Seyfried,
Pierce Brosnan, Colin Firth, Stellan Skarsgård

November 26—“The 100-Year-Old Man Who Escaped Out the Window” (2013)

On his 100th birthday, a man escapes his retirement home and embarks on a wild adventure involving criminals, cash, and flashbacks to his remarkable past.

1h 54m Rated: R

Cast: Robert Gustafsson, Iwar Wiklander,
David Wiberg

Friday Movies

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

November 7 – “The Boy Who Harnessed the Wind” (2019)

Based on a true story, a 13-year-old Malawian boy builds a wind turbine to save his village from famine using knowledge he learned from library books.

1h 53m Rated: TV-PG

Cast: Chiwetel Ejiofor, Maxwell Simba, Aïssa Maïga

November 14– “Eye in the Sky” (2015)

A military operation to capture terrorists becomes tense when a drone strike raises moral and political dilemmas over civilian safety.

1h 42m Rated: R

Note: Contains scenes of war violence and mature themes.

Cast: Helen Mirren, Aaron Paul, Alan Rickman,
Barkhad Abdi

November 21– No Movie Due to Christmas Market Set-up

November 28– “Downton Abbey: The Grand Finale” (2025)

The Crawley family and their devoted staff return for one last chapter filled with romance, change, and heartfelt goodbyes as they face the future of Downton Abbey.

2h Rated: PG

Cast: Hugh Bonneville, Michelle Dockery,
Maggie Smith, Laura Carmichael, Elizabeth McGovern



Brought to you by
the Arbour Trails
Movie Crew



New members
are welcome!

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

November 29 —“Best in Show” (2000)

A mockumentary that follows quirky dog owners competing in a prestigious national dog show, showcasing their eccentric personalities and hilarious rivalries.

1h 47m Rated: PG-13

Cast: Eugene Levy, Catherine O’Hara, Parker Posey, Fred Willard

Comedy Hours hosted by Harold Quinn.

Saturday, Nov. 8 and 22. Starting at 7:30 p.m. in Town Hall

Please note: There will be **no 2:30 p.m. movie on November 1, 8, 15, or 22** due to other programming taking place in Town Hall.

Special Movie Showing:

“We Lend a Hand” (2025)

**Q&A to follow with director Colin Field and
resident, Gloria Carter**

We Lend a Hand: The Forgotten Story of the Ontario Farmerettes. It put 40,000 volunteer teenage girls to work between 1941 and 1952, arriving from different parts of Ontario and Quebec to many locations in Southwestern Ontario. Their job: to ensure critical food production during the most perilous period of modern history.



49 m Rating: For General Audience

**Upcoming Movie Crew
Meeting:**

Friday, November 14
at 10:30 a.m. in The Library

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