



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.

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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OCTOBER 2026



Photo: "Autumn Sugar Shack" taken by a resident of the Village 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 the *VBA*

Pro Musica presents Fall and Winter Concerts in 2026-2027

October 4, 2026 – Stéphan Sylvestre



Concert pianist and educator **Stéphan Sylvestre** performs repertoire by Schubert, Brahms, Chopin, Debussy and Rachmaninoff as part of his cross-country concert tour. Stéphan Sylvestre ranks among the most brilliant Canadian pianists of his generation and enjoys an active performing career as a recitalist, orchestra soloist, chamber musician, recording artist and pedagogue. Critics have lavished praise on his performances; "...his performance belongs to the category of 'spectacular piano playing'... his natural talent reminds one of the great Arthur Rubinstein..." (La Presse, Canada). He has performed in major concert halls throughout North and South America, the Middle East, Europe, Czech Republic, Russia, and Indonesia.

November 1, 2026 – Laila Biali



On three previous *Pro Musica* concerts, **Laila Biali** performed her unique mixture of jazz/pop compositions to great acclaim. Recently, her release of *Wintersongs* was nominated for a 2025 JUNO Award and a 2026 GRAMMY alongside heavyweights Lady Gaga, Barbra Streisand, Elton John and Brandi Carlile, Jennifer Hudson and Laufey. Laila and her ensemble will help move us through the changing of the seasons by performing selections from *Wintersongs* plus an inspired "at the moment" array of their favourite music.

December 20, 2026 – Boreal's – *Songs for the Snowy Season*



Award-winning soloists Tannis Slimmon, Katherine Wheatley, and Angie Nussey come together for their annual celebration of wintertime classics and original favourites. Dispelling the seasonal chill, their voices blend in perfect harmony, creating soothing melodies to warm you from the inside out. Singing of melting snowflakes, skates on ice, and that familiar underfoot crunch, this gathering is a quintessential wintertime favourite.

February 7, 2027 — James Gordon — *Guelph 200 in Story and Song: A Musical portrait of Guelph's Bicentennial*



James Gordon has been chronicling Guelph's history for all of his 50-year career in music and song. One of Canada's most celebrated singer-songwriters, James is excited to present his own musical commentary in celebrating our bicentennial in a custom-made 70-minute program designed especially for the residents of the Village by the Arboretum. Drawing on music from over forty CDs he has produced and his experience on CBC's Arthur Black show commenting on weekly Canadian news in song, James will feature new songs he has written for the Guelph bicentenary.

Response Slips will be available in the Tree Talk Newsletter
For more information: Pat Eton-Neufeld patetonneufeld@rogers.com - 519-362-1177

A Message From The Residents' Council



Hello fellow residents,

I hope you have enjoyed the nice, warm summer and have had a chance to meet with family and friends or travel, either locally or farther afield. The biggest news from Arbour Trails is the recent change in leadership, as our General Manager, Pauline Donovan, has left to take on a General Manager position AT The Village of University Gates in Waterloo. Pauline has been replaced by Tara Rosenow, formerly Assistant General Manager at The Village of Winston Park. She also has many years of service with Schlegel Villages and has worked at Arbour Trails in the past. We look forward to her leadership.

September was a busy month with many activities, highlighted perhaps by the annual Car Show on September 12th, with live music and a BBQ. The following day was Grandparents' Day, so we hope you had a chance to spoil some grandkids that day. On September 16th, we had a general Residents' Council meeting in Town Hall, with individual Executive members outlining highlights from their areas of responsibility. The annual Residents' Art Show was held on September 24th, displaying some of the fine work done by residents. On September 29th, Prime Care Pharmacy gave a presentation on immunizations, especially those coming up in the fall.

Here's a list of some of the October events:

- Oct. 8 — Armchair Traveller Program on Australia – Lynn Misurka
- Oct. 12 — Pie Social for Thanksgiving
- Oct. 16 — Guelph-Wellington Men's Club info booth in Town Square
- Oct. 20 — Sharing Mennonite Traditions, following earlier religious discussions on Judaism and Islam. We hope to follow with Buddhism and Hinduism.
- Oct. 21 — Oktoberfest Festivities
- Oct. 28 — General Residents' Council Meeting – Guelph Police presentation on issues affecting seniors
- Oct. 29 — Halloween Party & Community Trick-or-Treat event

After a two-week hiatus for repairs in Town Hall, we welcomed back our movie schedule. Check Arbour Express for specific films and dates.

Best wishes,

Don Bogle

President of the Residents' Council Executive

A Message From The General Manager



Autumn is my favourite time of year. The leaves change colour, we can open our windows to enjoy the fresh air and who doesn't love the little chocolate bars that come with Halloween? As we head into Thanksgiving weekend, we hope everyone has the opportunity to spend quality time with their loved ones. One tradition in my family is going around the table and sharing something we are thankful for. I encourage you to take a moment this October to ask one another, "what are you thankful for?" As for me, I am thankful for my beautiful family.

We had a wonderful time at our 2nd annual Car Show. With 21 cars on display, a BBQ, face painting, games, prizes and live music, it was a fantastic day. A big thank you to the Recreation Team for organizing such a fun-filled event. As this was my first large event since returning to Arbour Trails, it was a great opportunity to meet so many residents and families.

I'd also like to extend a heartfelt thank you to everyone who contributed to our food drive in collaboration with the Village by the Arboretum. Whether you donated food or contributed online, your generosity will help local families enjoy a Thanksgiving meal. From the bottom of my heart, thank you for making a difference.

Lastly, congratulations and thank you to the Residents' Council Executive on the start of their new term and for inviting me to their meeting on September 16th. I look forward to working together on future initiatives. The Meet and Greet was a great success and it was wonderful to see so many residents come together to enjoy the afternoon.

Tara

General Manager



"Autumn brings us together — in gratitude, in warmth, and in celebration."

In Memoriam

Barry Turner
Shirley Kirkpatrick
Katherine Pye
Alan Brookbank
Michelle Campeau
Harold Quinn
Carolyn Jordan

Our In Memoriam display is located outside the Chapel and is updated regularly.

Spiritual Care Provider Info

Beverleigh Broughton:

Email: beverleigh.broughton@schlegelvillages.com

Phil Gearing:

Email: phil.gearing@schlegelvillages.com

Spiritual Care Providers will be in the Village Tuesdays, Wednesdays, Thursdays, and varying Sunday afternoons.

Phone: (226) 251-3065
Ext. 845

When was the last time you stopped to really acknowledge what you are thankful for?

Research from the University of California has shown that being thankful can provide many benefits, such as improved immune function, feelings of connectedness and less stress! Study participants reported that, among other things, by making thankfulness part of their daily focus, they had more energy during the day and slept better at night.

The study's conclusion: "Counting your blessings daily does wonders for your well-being."

As we appreciate the autumn beauty around us and this season of harvest, we have a deliberate opportunity to focus on thankfulness and recall the many blessings that are part of our lives each day. We can be thankful for family and friends, good memories, meaningful experiences and the simple joys that brighten our days.

This fall, take a moment to reflect on what you are most thankful for and share that gratitude with others. An "attitude of gratitude" is good for you!

Wishing you many blessings this season,

Beverleigh
Spiritual Care Provider

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



Village Message Board

The Village Food Trucks



Organized by the VBA, we have one more Food Truck Night to wrap up the season!

Join us Wednesday, October 7 from 4:00–7:00 p.m. (approximately) in the Arbour Trails Main Parking Lot.

October 7 — Berlin 95

Celebrate Oktoberfest with some delicious German food from Berlin 95!

Making a Difference Together

A big thank you to everyone who participated in and supported our recent Village fundraisers!

Through our Terry Fox Walk & Fundraiser, we raised \$400.00 for the Terry Fox Foundation and our Car Show fundraiser raised \$120.00 for the Wilfred Schlegel Hope Fund.

Thank you to everyone who contributed. Your support and generosity helped make both fundraisers a success!



Volunteer Oppourtunity!



Schlegel Villages'
Volunteers

Want to get more involved in the community? We're looking for a casual volunteer to join our General Store team and help create a welcoming experience for fellow residents and shoppers.

It's a great way to connect with neighbours, meet new people and lend a hand in a familiar community space.

Interested or looking for more information?

Please contact Katie in person or at 226-251-3065 Ext. 807

Join the Village by the Arboretum Food Drive: September 25 – October 3

Help us support the Guelph Food Bank during our Village Food Drive!

Monetary donations can be placed in an envelope marked "Social Committee Food Drive" and dropped into either Activity Box. **Cheques should be payable to The Guelph Food Bank** and please include your name and address.

Food donations can be placed in the bins beside the Activity Boxes outside the Hobby Shop and on the Ailsa Craig main floor, or between the two front doors at the Village Centre.

Thank you for your support!



Village Message Board

2026 Municipal Election—Your Vote Makes a Difference!

**2026 Municipal
Election**

October 26

Advanced: October 10-18

**Your
vote**
makes a difference

CITY OF
Guelph
Making a Difference

Voting at Arbour Trails

For residents of Arbour Trails
voting will take place on:
Monday, October 26, 2026
9:00 a.m.–3:00 p.m.
in Town Hall

All-Candidates Meeting Livestream
(Presented by the VBA)
Tuesday, October 6
in Town Hall

All Candidates Meeting Schedule

2:00–3:00 p.m. | Candidates for Mayor
Leanne Caron • Ken Yee Chew • John
Edward Krusky • Ryan Meunier • Evaristo
Ramos Jr. • Rajee Sinha

**3:15–4:30 p.m. | Candidates for Ward 5
Council—Two seats to be elected**
Michael Agueci • Xandine Arnott • Greg
Cawsey • Dakota Cherry • Jon Christensen •
James Doran • Cathy Downer • Wesley
Harris • Danny Lui

Help Make Halloween a Treat!

We're collecting candy for our
upcoming Community Trick-or-
Treat, when local children will visit
the Village for some Halloween
fun!

Candy will be available for
purchase in the General Store and
all donations can be dropped off at
the Main Office.

Please have
donations in by
October 26th.

Thank you!



Bottle and Tab Collection

Over the past two years, a VBA team has
raised more than \$11,000 for the Canadian
Red Cross Ukraine Humanitarian Crisis
Appeal, with
support from Arbour Trails residents!

Bottle & Can Donations

Empty wine and liquor bottles and beer
cans can be left in the Becker West
Recycling Room (2nd floor).

Pop Tab Collection

Metal can tabs are also being collected for
the Royal Canadian Legion to help provide
wheelchairs to those in need. Tabs can be
placed in the collection jar on the Dining
Room bar.

Dining News



Event	Date	Time	Location
Corn Husking	Friday, October 2 & 30	10:30 a.m.	The Main Floor Café
Thanksgiving Dinner	Sunday, October 11	Your usual dinner time	The Dining Room
Food Committee Meeting	Friday, October 30	2:30 p.m.	The Library

Dining & Hospitality Services

- **Kitchen Tours:** Interested in a behind-the-scenes look? Connect with the Hospitality Team to arrange a tour.
- **Dining Room Reservations:** Call 519-836-2464
- **Catering & Room Bookings:** Contact the Main Office—the Hospitality team will follow-up to confirm the details.

We're happy to help with all your dining and hosting needs!

Guest meal pricing

Guest meals are available to purchase with the Hospitality team.

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



Meal plans are available to all residents (including Ailsa Craig) - for pricing details, please connect with the Hospitality team!

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!

OCTOBER

Happy October Arbour Trails!

Can you believe it's already October? It's hard to say goodbye to the warm weather. But, there is so much to look forward to this month: the leaves changing colour, fall baking, and of course Halloween! Our autumn months are something we can all look forward to!



Active Aging Week

October 5 - 9

Active Aging Week is a week long international campaign that highlights the positives of aging. The event promotes healthy lifestyles, proper nutrition, mental wellness, and social wellbeing. Staying active is beneficial regardless of your activity level. Being active can look different to everyone; a daily walk, exercising on the NuStep, hobbies that requires your body to move (gardening, painting, sports), or even maintaining as much independence as possible. Check out the activities we have planned for Active Aging Week!



Reach out to Megan or Miranda for more information!

If you have any questions about at-home programs, group classes or mobility equipment, please visit Megan or Miranda in the Fitness Centre or call 226-251-3065 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:

9:30 — Open to All (FC)
11:00 — Ailsa Craig (JPL)

Better Balance:

10:15 — 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

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:

Virtual Chair Yoga:

10:00 — Open to All (FC)

Fun & Fitness:

11:00 — Egerton

Core Confidence:

2:30 — Open to All (FC)

Fridays:

VON Exercise Class:

9:30 — Open to All (FC)

Total Body Fitness

10:15 — Open to All (FC)
3:00 — Ailsa Craig (JPL)

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

Active Intervals:

2:45 — Open to All (FC)

Village Life Music & Vendors

LIVE Entertainment

Erin Marie

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

The Black Forest Band

Wednesday, October 21
at 7:30 p.m. in Town Square

Katie Lammert @ Happy Hour

Wednesday, October 27
at 3:00 p.m. in Town Square

Beautiful Noise

Thursday, October 29
at 2:30 p.m. in Town Hall

Piano Music w/ Karen Guitard

Tuesday, October 6 & 20
at 10:30 a.m. in Town Square



Karaoke

Happy Hour

Wednesday, October 14
from 3:00 p.m. - 4:00 p.m.
in the Main Floor Café

Hosted by
**Katie
Lammert**



Vendors

Cameron Card Creations

Tuesday, October 6
10:30 a.m.—2:00 p.m. • Town Square

The Boutique

Thursday, October 8
10:00 a.m.—2:30 p.m. • The Hobby Shop

Cavery Women's Clothing

Tuesday, October 13
10:00 a.m.—2:00 p.m. • Town Square

Bella Boutique

Thursday, October 15
10:00 a.m.—3:00 p.m. • Town Square

Traditions Alive

Tuesday, October 20
10:00 a.m.—2:00 p.m. • Town Square

Stars of Modern Fashion

Thursday, October 22
10:00 a.m.—3:00 p.m. • Town Square

Cathy's Scarves, Gifts & Jewelry

Tuesday, October 27
10:00 a.m.—2:30 p.m. • Town Square

KMW Clothing

Thursday, October 29
10:00 a.m.—3:00 p.m. • The Hobby Shop

Barb's Produce

Thursdays (Last day is October 8!)
9:00 a.m.—1:00 p.m.
Outside the Main Entrance

Village Life *Monthly Happenings*

World Smile Day
Friday, October 2



Add something that makes you smile to our Smile Board on Main Street, or enjoy an afternoon of music with Erin Marie at 2:30 p.m. in Town Hall!

Pie Social
Monday, October 12 at 3:00 p.m. in the Egerton & Main Floor Cafés

Gather together this Thanksgiving and enjoy a variety of delicious pies, warm drinks and good company as we share in the spirit of the season!

Guelph Wellington Men's Club Community Info Booth
Friday, October 16 from 11:00 a.m.—4:00 p.m. in Town Square

Stop by to learn more about the Guelph Wellington Men's Club and all they have to offer! Club representatives will be on hand to share information, answer questions and tell you more about their activities and opportunities to get involved.

Sharing Mennonite Traditions
Tuesday, October 20

As part of our Spiritual & Religious Sharing Series, join Marlene Epp, Professor Emeritus of History and Peace and Conflict Studies at the University of Waterloo, as she shares about Mennonite culture, history and traditions and the experiences that have shaped Mennonite communities.

Spiritual Health Awareness Week
Monday, October 26—Friday, October 30

Take part in some of our Spiritual Care programming throughout the week, and visit our resource booth outside the Chapel to learn more about our programs, meet our Spiritual Care Providers and explore the resources available at the Village.

Village Life *Monthly Happenings*



**Celebrating Oktoberfest
Wednesday, October 21**

Oktoberfest Happy Hour
at 3:00 p.m. in the Egerton &
Main Floor Cafés

**Oktoberfest Party w/ Games & Live
Entertainment by:**
"The Black Forest Band"
6:30 p.m.—7:30 p.m. in Town Square

**General Residents' Council Meeting:
Fighting Scams & Internet Safety w/ the Guelph Police Department
Wednesday, October 28 at 2:30 p.m. in Town Hall**

Presented by the Residents' Council Executive, join us for a special presentation from the Guelph Police Department on safety for seniors, including common scams, fraud prevention, internet safety and more. Learn helpful tips, ask questions and stay informed!

**Halloween at the Village
Thursday, October 29**



**Halloween Party w/ Entertainment by
VBA Band:**
"Beautiful Noise"
2:30 p.m. in Town Hall

Community Trick-or-Treat
6:00 p.m.—7:00 p.m.
Town Square & on Mainstreet

Don't Forget to see our Village Pumpkin Decorating Contest Display in Town Square from Wednesday, October 28—Saturday, October 31!



OCTOBER 24 AT 1:00 PM

**GUELPH GRYPHONS VS WINDSOR LANCERS
THINK PINK GAME**

Cheer on the Guelph Gryphons as they take on the Windsor Lancers at their annual Think Pink Game in support of breast cancer awareness and fundraising.

**Sign up outside the Hobby Shop or see the Welcome Centre
by October 16.**

**We will be providing transportation, limited seats available
(Meet at the Main Entrance at 12:15 p.m.)**

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

Shopping Shuttle Schedule

Every Thursday at:

10:00 a.m. — Front Entrance

12:00 p.m. — Ailsa Craig

SIGN-UP REQUIRED.

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

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.

Accessible Transportation Resources



VON Canada

Phone:

1-888-506-6353

Guelph Transit Mobility Bus

Phone:

519-822-1811 Ext. 2801 or press 1

*Must be a registered mobility services user



Do you Have Suggestions for Outings?



Come to the monthly outings meeting!

Next Meeting:

Thursday, October 15
at 3:30 p.m.
in the Hobby Shop

See your neighbourhood calendar for upcoming outing dates and details!

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

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,
October 7 & 21
3:00-4:00 p.m.



Outside the Arbour Trails Main 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



Stories from the GREEN BENCH Podcast

Your seat on the green
bench is ready and waiting.

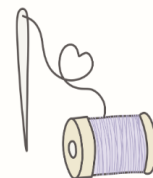


SUBSCRIBE



Simple Alterations with Maria

Wednesdays
from 3:00 p.m. - 4:00 p.m.
in the Hobby Shop



Available services include:

Simple hemming, button re-attachment, small hole
repair, zipper replacement

Sign-up outside the Hobby Shop!

Residents are encouraged to drop their items off
at 3:00 p.m. in the Hobby Shop and pick them up
in the same location at 4:00 p.m.

**Please note that this is a volunteer-run
& free service!**



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



On-site ultrasound services are available
at the Village through Ontario Mobile
Imaging.

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

Diane Manalastas

Interim Director of Wellness

226-251-3065 Ext. 877



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

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

Schlegel Villages – CONNECTIONS



REMEMBERING RON

—Our father, our founder, our friend.—

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingering, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging’s (RIA) expert insights on [demystifying depression in older adults](#).

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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

October 7—Tender Mercies (1983)

A troubled former country singer gets a chance to rebuild his life through a new relationship and family.

1h 32m Rated: PG

Cast: Robert Duvall, Tess Harper, Betty Buckley, Wilford Brimley

October 14—Spotlight (2015)

A team of Boston Globe journalists investigates allegations of abuse within the Catholic Church.

2h 9m Rated: R

Cast: Michael Keaton, Mark Ruffalo, Rachel McAdams, Liev Schreiber

October 2—The Seven-Year Itch (1955)

A married man left alone for the summer becomes fascinated by his attractive new neighbour.

1h 45m Rated: N/A

Cast: Marilyn Monroe, Tom Ewell, Evelyn Keyes

October 28—In the Heat of the Night (1967)

A Philadelphia detective becomes involved in solving a murder in a racially divided Southern town.

1h 50m Rated: N/A

Cast: Sidney Poitier, Rod Steiger, Warren Oates

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

October 2—Minority Report (2002)

In a future where crimes can be predicted, a police officer is accused of a murder he has not yet committed.

2h 25m Rated: PG-13

Cast: Tom Cruise, Colin Farrell

October 9—Midnight Cowboy (1969)

A young Texan travels to New York hoping to make his fortune and forms an unlikely friendship.

1h 53m Rated: R

Cast: Jon Voight, Dustin Hoffman

October 16—Fargo (1996)

A car salesman hires two criminals to kidnap his wife for ransom, but the plan quickly goes wrong and a determined police chief investigates the resulting crimes.

1h 38m Rated: R

Cast: Frances McDormand, William H. Mac

October 23—Remarkably Bright Creatures (2026)

An elderly widow working at an aquarium forms unlikely friendships that bring new purpose and discovery into her life.

1h 51m Rated: PG-13

Cast: Sally Field, Lewis Pullman, Colm Meaney

October 30—The Hunt for Red October (1990)

A CIA analyst tries to determine whether a Soviet submarine captain is attempting to defect.

2h 15m Rated: PG

Cast: Sean Connery, Alec Baldwin, Scott Glen



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Upcoming Movie Crew Meeting:

Friday, October 16
at 10:30 a.m.
in the Library

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

October 3—Finding Forrester (2000)

A talented teenager develops a friendship with a reclusive writer who helps him discover his potential.

2h 16m Rated: PG-13

Cast: Sean Connery, Rob Brown, F. Murray Abraham

October 10—Jerry & Marge Go Large (2022)

Retired couple discover a mathematical loophole in the lottery & with their winnings to help the community.

1h 36m Rated: PG-13

Cast: Bryan Cranston, Annette Bening, Rainn Wilson

October 17—9 to 5 (1980)

Three frustrated office workers team up to take revenge on their difficult and sexist boss.

1h 50m Rated: PG-14A

Cast: Jane Fonda, Lily Tomlin, Dolly Parton, Dabney Coleman

October 31—Monty Python and the Holy Grail (1975)

King Arthur and his knights embark on a ridiculous and surreal quest to find the Holy Grail.

1h 31m Rated PG

Cast: Graham Chapman, John Cleese, Eric Idle, Terry Gilliam, Michael Palin

Please note: There will not be a movie showing October 24

Tuesday Documentaries—10:15 a.m. in Town Hall

October 6—Autumn: A Symphony of Survival

Explores how wildlife races to prepare for cold weather, from red deer mating to hedgehogs preparing for colder time. **50m**

October 13—Unseen Scottish Highlands

Step into the Unseen Scottish Highlands and explore Scotland's hidden world of wild landscapes, secret valleys, and breathtaking natural wonders. **1H 7m**

October 20—Dolly Parton: Here I Am!

Biographical documentary detailing the iconic career and humble beginnings of the queen of country music. **1h 30m**



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)		
Tara Rosenow	General Manager	803	Tara.rosenow@schlegelvillages.com
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Natalie Minnick	Ailsa Craig Neighbourhood Coordinator	872	natalie.minnick@schlegelvillages.com
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Megan Wakefield	Program for Active Living (PAL) Coordinator	808	megan.wakefield@schlegelvillages.com
Beverleigh Broughton & Phil Gearing	Spiritual Care Providers	845	beverleigh.broughton@schlegelvillages.com phil.gearing@schlegelvillages.com
Recreation	Recreation/The Hobby Shop	811	
Maintenance	Maintenance Requests	887	Can be reached at this extension
Dining Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500