



The Village of ARBOUR TRAILS

A SCHLEGEL VILLAGE

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.



MARCH 2024

226-251-3065

32 Bayberry Drive,
Guelph, ON, N1G 0C9

Ailsa Craig Neighbourhood:
115 Cherry Blossom Circle,
Guelph, ON, N1G 0A3

Volume 12, Issue 3

Page 2: Resident Birthdays

Page 3: A Message from
Residents' Council

Page 4: A Message from the
VBA

Page 5: Getting to Know Me

Page 6: Dining News

Page 7: Program for Active
Living

Page 8: Spiritual Care News

Page 9: Village Outings

Page 11: Village Life

Page 20: Schlegel Villages
Connections

Page 21: Research Matters

Page 22: Monthly Movies

Page 28: Village Team
Directory

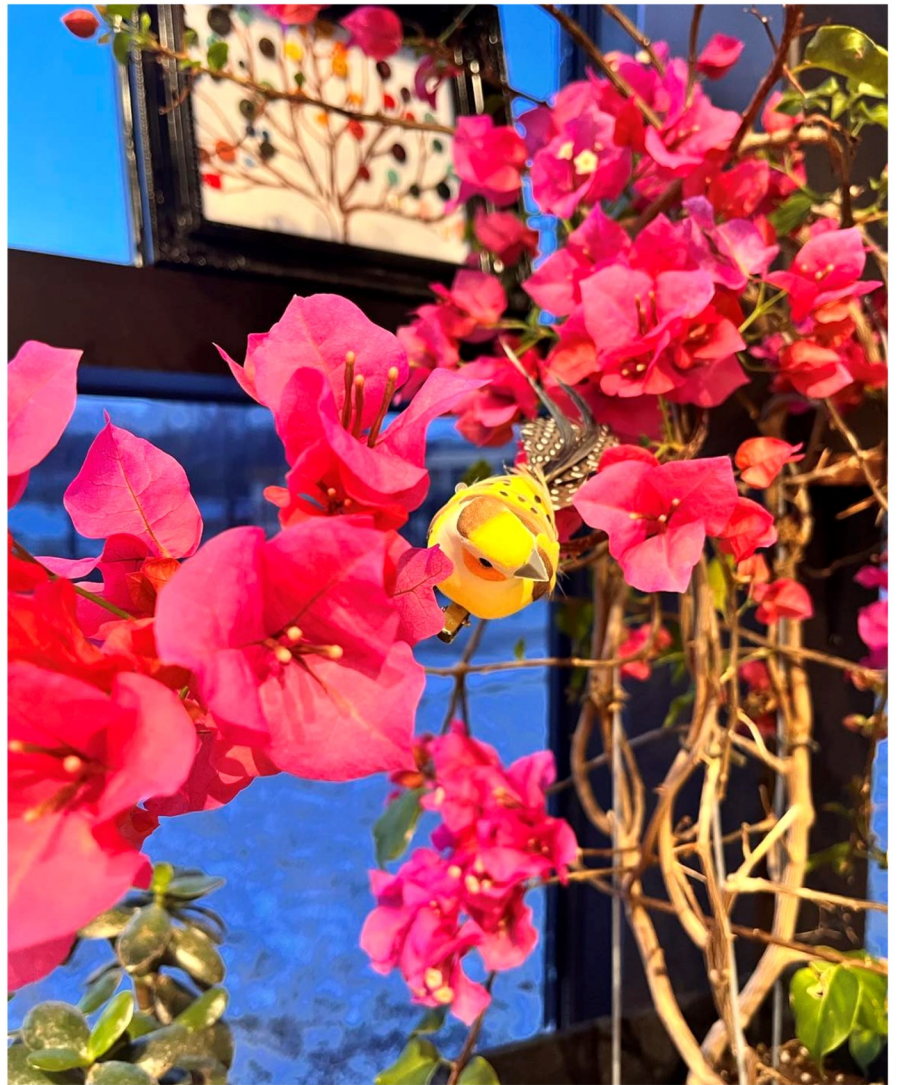


Photo: The Village Greenhouse's bougainvillea in full bloom.





Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*

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

A Message From Residents' Council



Greetings fellow residents,

Time is passing very quickly, as usual. We are almost through February and it has felt more like spring weather, although at the moment it is trying very hard to bring us back to winter. This will please those who are interested in winter sports.

We welcome Perry Borden, who has agreed to join the Executive Council, filling the opening left by John Parker. The Recreation Team has been busy keeping up with entertaining us; Chinese New Year, Superbowl Sunday, pancake flipping on Shrove Tuesday—mmm...Then, an elaborate Valentine's Day Social, followed by Family Day.

In the store, we have been puzzled as to what to do with all our reusable bags—but a call to the food bank and they were delighted to receive them. Thanks to June McArthur for delivering. I also found out they sell used clothing. This is something to address for our spring housecleaning.

Food services provided us with a delicious Valentine's Day dinner and appropriately with red table cloths and white napkins—Thank-you to the Food Services Team!

Shannon and her team provided us with a wonderful presentation at our meeting on February 28th, addressing the various food and dining room issues. That department we must agree, has a lot on their shoulders and we are really privileged to be able to discuss things with them in this way. Thanks to Shannon and her team, every aspect was thoroughly covered, topped off with an invitation to tour the kitchen.

Let us see what March brings. We have a few things of interest and of course there will be Easter. Have a happy time until then,

Marilyn Wax
President of Residents' Council



A Message From The VBARA

On behalf of the Executive, thanks to everyone who participated in the VBARA Town Hall held on Tuesday, January 30. Over 200 people gathered together in Reid Hall or joined us virtually. Many others have since watched the event on the You Tube channel hosted by Sound, Light and Visual (SL&V). If you are interested in watching the video, you can enter the following in your web browser: <https://www.youtube.com/watch?v=WEJrxUk4HMQ>.

A special thanks to Bob Jacques and the SL&V team who operated the sound and cameras during the town hall. I've heard many positive comments from residents who greatly appreciated the quality of the event, both live and on-line. And thanks to Katie Lammert who made sure the event was made available to residents who gathered in the Town Hall at Arbour Trails to watch.



From left to right: Pat Sorbara, Marilyn Wax and Lyn McLeod

To be honest we weren't sure whether the town hall would be a useful exercise for the community. I'm delighted to report that based on the feedback I've received to date, residents who participated found it not only useful but welcomed the interchange between villagers (rather than a straight up question and answer period). To quote one villager, "It gave all residents an opportunity to openly express their concerns and ask the questions that too often are only discussed on the sidewalk, at the mailboxes or in some small gathering".

It's not always easy for those on the "hot seat" during this type of event. I'm grateful to Jason Campbell, Daphne DenDrijver-Hawkes and Paul Long for attending and responding to issues specific to Reid's Heritage Homes (RHH). Reid's leadership over the years has ensured that this beautiful community in which we live continues to thrive. At the same time, as with an organization, there are external realities that impact decisions being made. What matters most is that we have open, transparent exchanges with all involved seeking to ensure an outcome that meets the needs of both RHH and the residents.

Thanks also to the VBARA Executive who attended, actively listened and participated in exchanges. We will review, consult further, and determine next steps on each issue raised at the town hall and we'll advocate on your behalf, in an effort to get to workable solutions. Many residents have indicated an interest in VBARA regularly hosting a town hall event. I hope everyone will mark the AGM on their calendars and plan to attend. It's taking place in Reid Hall on Wednesday, May 29, in the evening. We will discuss adding a town hall element to that event as it would allow us to do the business of the VBARA while hearing from residents.

In the meantime, look for updates on the issues and don't hesitate to reach out with your comments and questions.

With best wishes,

Pat Sorbara
President of VBARA

Getting to Know: The Village Team

Name: Pauline Donovan
Position: General Manager
Extension: 803

About Me: I moved to Canada from UK in 1993 with my husband Martin, Madelyne 2yrs and Liam 9 months old. All our family were in the UK but over the years we gained a group of close friends that became family; I firmly believe that family is “the people in life that want you in theirs”. Martin died in 2013 and it was our ragtag family that helped us get through that time.

What do you most like to do to unwind? I enjoy reading; recommendations – My Brilliant Friend by Elena Ferrante, Ahab’s Wife by Sena Jeter Nasluna.

Quick Hits!

Favorite movie: Francis Ford Coppola is one of my favourite directors and his movies “The Godfather,” “Lost in Translation” and “One from The Heart” are in my top 10 list.

What has been the greatest accomplishment of your life? Moving to another country and building a happy home for our children who have grown into accomplished adults. I am proud of my work with Schlegel Villages, 24 years and counting!

What is on your bucket list? Churchill, Manitoba – to see the Polar bears.

What is your best childhood memory? Too many, I had a very happy childhood. I am the youngest of 5 and have a vivid memory of being in my crib and watching my brothers and sisters playing with their Christmas presents, they don’t believe me but it’s true!



Pauline (left) and Grace (right).

Name: Grace Fang
Position: Lead Nurse, RPN
Extension: 505

About Me: I have a family of four which includes my daughter, my son—who has moved out for University—and my husband. I have lived in Guelph for 20 years, although I am originally from China. In my free time, I usually like to sew and knit while watching TV. I also enjoy cooking and baking.

Quick Hits!

TV show I never miss: Gilmore Girls.

Three things I can’t live without: My phone, chocolate and my bed.

What is your prized possession? My dog, “Roxy,” (an American Eskimo).

What has been your greatest accomplishment? My family.

What is on your bucket list? Travelling to Japan and/or Europe.

Dining News



Event	Date	Time	Location
Food Committee Meeting (all are welcome!)	Thursday, March 7	2:30 p.m.	The Library
St. Patrick's Day Meals (lunch & dinner)	Sunday, March 17	Your usual meal seatings	The Dining Room
Good Friday Dinner (fish & chips)	Friday, March 29	Your usual meal seating	The Dining Room
Easter Sunday Dinner	Sunday, March 31	You 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.
Our friendly staff will be happy to assist you in scheduling your visit.

For any room bookings that require catering, set up, or tear down services, we kindly request a minimum of 7 days' notice to ensure that we can meet all your needs.



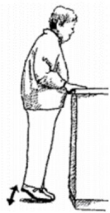
To book a room and arrange for these services, you can speak with our Administrative Assistant, Marika, in the Main Office or contact our reservation line. Our Dietary team will connect with you to discuss our services and confirm any bookings.

We appreciate your understanding and cooperation in providing us with adequate notice for your visit or any special requirements you may have.

March

Happy March About Trails! Spring is almost here which is a great time to start a simple exercise routine. :) Below are some kitchen sink exercises that can be done in your suite and won't take more than 10 minutes. This is a great way to strengthen your legs and improve balance as we approach warmer weather and the chance to get outside in the sun!

1) Calf Raise - raise your heels to stand on tippy toes, slowly lower back to flat feet 10x



3) Hip extension - with your chest staying upright, lift 1 leg straight backwards. keep both legs straight. 8x per leg.



5) Mini Squats - Bend your knees slightly and keep your back straight. Straighten your legs again, and repeat. 10x



2) March in place - alternating lifting 1 leg at a time. *Try to lift your knees high 30x



4) Hip Abduction - Keeping your toes pointed forwards, lift your leg out to the side. Hold this position for 2 seconds, then slowly lower your leg back to the starting position 8x per leg.



If you have any questions about these exercises please reach out to Megan or Miranda at 226-251-3065 ext. 808 or stop by the Fitness Centre.

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:

10:00 — Standing Class (FC)

2:00 — Seated Class (FC)

3:00 — Ailsa Craig (JPL)

Thursdays:

Chair Yoga:

10:00 — Open to All (FC)

Fun & Fitness:

11:00 — Egerton

VON Exercise Class:
11:00 — Ailsa Craig (JPL)

Gentle Exercise:

3:00 — Open to All (FC)

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

Basketball Game:

3:00 — Open to All (FC)

In Memoriam

Ruth Farquhar
Rosalie Waters
Angela Cahill
Elizabeth
Schmidt

As a Village, we extend our heartfelt condolences to their loved ones.

Chaplain Update

We are excited to Welcome Beverleigh Broughton to the Village as our interim Chaplain!

Please join us on:
Monday, March 4 at 2:30 p.m.
in the Chapel for a Resident Spiritual Care Meeting.

Come with any questions, thoughts or ideas you have regarding our Spiritual Care Program.

Chapel Services—Sunday at 3:00 p.m. in the Chapel

- March 3—led by Keith & Marguerite Davies
- March 10—led by Chaplain Beverleigh
- March 17—led by Chaplain Beverleigh
- **March 24—(2:30 p.m.)—Palm Sunday with Salvation Sounds *please note time change**
- March 31—Easter Sunday—led by Rev. Barbara Sykes

Holy Week Activities:

A series of meditations for personal reflection will be available in the chapel beginning March 24.

- Palm Sunday (March 24)—Chapel Service at 2:30 p.m.
- Good Friday (March 29) —Chapel Service at 10:30 a.m.
- Easter Sunday (March 31)—Chapel Service at 3:00 p.m.

Catholic Communion — Mondays at 10:30 a.m. in the Chapel (led by Betty Rowsell)

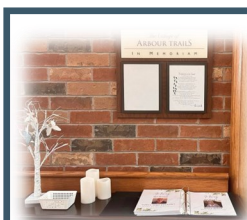
Men's Conversation Connection —Wednesdays, March 13 & 27 at 10:30 a.m. in the Chapel (led by Dave Peterson & Wayne Hong)

Bible Study—Thursdays at 10:30 a.m. in the Chapel (led by Marguerite Davies)

Conversation Café (Ailsa Craig)—Thursday, March 28 at 2:30 p.m. in the JPL

For the Soul:

- Thursdays March, 7, 14 & 28 at 2:30 p.m. in the Emma's Lounge
- Thursday, March 21 at 2:30 p.m. in the Egerton Lounge



Our in memoriam is located outside of the chapel and is updated on a regular basis.

Village Outings



Independent Shopping Shuttle

Drop-off/Pick-up locations:

- Arbour Trails Front Entrance
- Ailsa Craig Front Entrance
- Metro
- Walmart
- Indigo: Stone Road Mall
- Farm Boy
- Shoppers Drug Mart & LCBO: Scottsdale Road
- Hartland Zehrs
- No Frills

You will be picked up 1 hour after your drop off time at the same location. **SIGN-UP IS REQUIRED**

Every Thursday at:

- 10:00 a.m. — Front Entrance
- 10:05 a.m. — Ailsa Craig Front Entrance
- 2:00 p.m. — Front Entrance
- 2:05 p.m. — Ailsa Craig Main Entrance

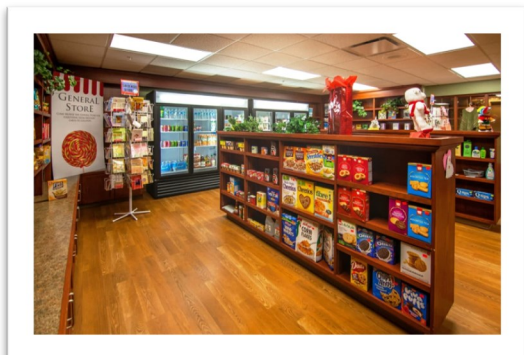
Please refer to the sign-up sheets outside the Hobby Shop and Ailsa Craig Main Lobby for the shuttle schedule and any updates that may arise.

Thank-you!

Visit our General Store!

Hours:
Monday—Friday
1:30 p.m. to 3:30 p.m.

CASH ONLY



To learn more about the store contact Katie Lammert at 226-251-3065 extension 807 or katie.lammert@schlegelvillages.com

Do you have reusable bags that you are looking to get rid of?

Drop your bags off in the General Store (during its open hours) and they will be donated to the Guelph Food Bank!

Other Accessible Community Transportation Services:



Just Call Lynda
Phone: 519-827-5571
Email: justcalllynda@gmail.com



VON Canada
Phone: 1-888-506-6353



Ikea (Burlington)

Friday, March 8

Departure: 10:00 a.m.
at the front entrance

Ernie's Roadhouse Restaurant (Cambridge)

Wednesday, March 13

Departure: 12:00 p.m.
at the Ailsa Craig front entrance

Country Drive

Friday, March 22

Departure: 10:30 a.m.
at the front entrance

Diana Downtown Restaurant (Guelph)

Friday, March 22

Departure: 12:00 p.m.
at the front entrance

Sign up is required

Please sign up for outings in the binder outside the
Hobby Shop or in the Ailsa Craig Main Lobby.
Space is limited.

Village Life *Last Month in Photos*



Top: Pancake Flipping on Shrove Tuesday & Celebrating Chinese New Year.
Middle: Valentine's Day Social.
Bottom: Pink Shirt Day & Coldest Night of the Year Fundraiser.



Village Life

LIVE Entertainment

**Grace Cowley Performs
“Songs of Dolly Parton”**
Friday, March 8
at 2:30 p.m. in Town Hall

**The VBA’s
“The Backstage Boys”**
Saturday, March 16
at 7:30 p.m. in Town Square

James Skarnikat
Wednesday, March 20
at 7:30 p.m. in Town Hall

The Royal City Ukulele Ensemble
Tuesday, March 26
at 7:30 p.m. in Town Square

John London
Saturday, March 30
at 3:00 p.m. in Town Square



Vendors

Cameron Card Creations
Tuesday, March 5
from 10:30-2 in Town Square

Factory Shoe Store Sale
Monday, March 18
from 11-3 in Town Square

KMW Clothing
Thursday, March 21
from 10-3 in the Hobby Shop

Creations Boutique
Monday, March 25
From 10-2 in the Hobby Shop

Stars of Modern Fashion
Wednesday, March 27
From 10-2 in Town Square

**Earnest Floral
Flower Arrangements**
Friday, March 29
from 10-12 in Town Square

Happy Hour!

**Featuring LIVE music with Arbour Trails
resident “Bill Parker”**
Wednesdays at 3:00 p.m.
in the Main Floor Café

(see daily boards for updates or changes)



Village Life *March Happenings*



International **WOMEN'S DAY**

Friday, March 8

Join us for Special Entertainment by

“Grace Cowley”

at 2:30 p.m. in Town Hall

See our display of notable women in
Town Square as well!



Daylight Savings Time

Sunday, March 10

Remember to set your
clocks 1 hour AHEAD



Arbour Trails' 3rd Annual

ST. PATRICK'S DAY PUB CRAWL

SATURDAY, MARCH 16

From 6:30 p.m. - 8:30 p.m.
in Town Square, Social Club &
Library

Featuring LIVE music by
“The Backstage Boys”
starting at 7:30 p.m.



Easter EGG HUNT

Saturday, March 30

Find a golden egg and
win a prize!
(See Hobby Shop)

Village Life

Neighbours' Club

Arbour Trails has reintroduced the Neighbours' Club, uniting those who've invested in living at Arbour Trails one day. We encourage them to engage in daily village life through events like coffee meetups or exercise classes. Neighbours' Club Members wear badges, making it easy for you to greet your future neighbors. Questions about the club? Ask in the Welcome Centre located on Mainstreet.



Nick Chambers
Director of
Lifestyle Options
226-251-3065 x 825

A Message From the Village Office

When ordering packages from Amazon, please ensure you choose the right delivery option. It has come to our attention that Amazon asks if you would like the package delivered to reception (aka. Main Village Office) or straight to your suite. This may be why some of you have not been receiving packages directly to your suite. You can add a note about this when you are checking out your Amazon order.

If you have questions, please reach out to the **Main Village Office at 226-251-3065 x 801**



Guelph Public Library Bookmobile

Wednesday, March 13 & 27
from 3:00-4:00 p.m.

**Outside the Arbour Trails
Front Entrance**

If you have questions about how to get signed up, **call the Recreation Team at 226-251-3065 x 811**



NEW!

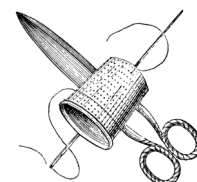
Simple Alterations with Maria

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

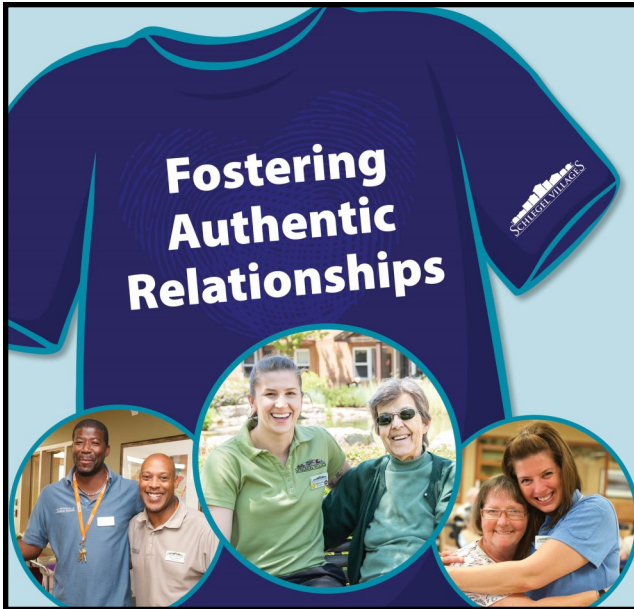
Sign up outside the Hobby Shop!

Available services include:

- Simple hemming
- Button re-attachment
- Small hole repair



Village Life



Share your thoughts.
Post a picture.
Tag #KnowMeRespectMe.

What qualities make a relationship authentic?

Who do you have an authentic relationship with in the Village?



Connect with Arbour Trails!

The monthly calendars and Newsletter can be found online at:
www.schlegelvillages.com/arbortrails-guelph

'Like' us on Facebook! www.facebook.com/ArbourTrails

Follow Arbour Trails on Twitter @ArbourTrails

Follow Arbour Trails on Instagram @ArbourTrails



Cleaning and disinfecting

- The 'how' and the 'how often' we clean and disinfect in healthcare settings is important.
- The increased risk of infection transmission in these settings means that cleaning and disinfecting surfaces, items and equipment correctly is an important way to protect everyone.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy



Medical masks

To be effective

- Masks should fit snugly over the nose and mouth without large gaps.

Etiquette

- Clean hands before putting on your mask.
- Avoid touching your face and the outside of your mask.
- Clean hands before touching your face and if you touch the outside of your mask.
- Avoid hanging your mask under your chin.
- Double masking is not advised. Use one medical mask that fits well.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy

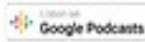
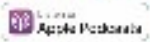


Stories from the GREEN BENCH Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Resilience

What practices or attitudes helped you navigate difficult times and build resilience?

WISDOM of the ELDER



Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

In The Spa (clinic room) by appointment only

Monday March 4, 18

Monday April 15, 29

Monday May 13

Monday June 3, 17

For more information or to book an appointment at The Village of Arbour Trails, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com



Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you
for your
nomination!**



SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

Y O U N C A S N C U T A L L
T P H R E D S U N S H I N E
F L L O U G N I M R A W O W
E A B B E B U T T E R F L Y
S N L W R T S B S N I A R U
R T O E W T A R B G R A S S
E Y S N O O E V U I T C A N
W S S N O W B T I U R K E B
O M O E O W T N O T P D R S
H R M L G H I R I P L E S R
S O F I A R P N N A E U G F
R T O W M S O C D Z R O C M
I S N G Q R D W E L R R J Q
N L J N P T S D U O L C N P

By Jimmy and Evelyn Johnson - www.qets.com

Birds	Flowers	Showers
Blossom	Grass	Sprout
Breeze	Grow	Storms
Buds	Newborn	Sunshine
Butterfly	Plant	Thaw
Clouds	Rain	Warming
Cultivate	Rainbow	Wind

Answer sheet available outside the Hobby Shop!

Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

March is an exciting time of year with the renewal of Spring just around the corner, and it's also a time to reflect on the important contributions the women in our lives make every day to enhance our communities.

International Women's Day is Friday, March 8, and within our Schlegel Villages Community, we think of the countless inspiring women who bring our mission and vision to life and model our values in all they do.

Indeed, the Schlegel Family's quest to build strong communities has always been guided by the stalwart influence of strong women. Max Becker and Wilfred Schlegel, grandfathers to the three brothers who now operate Schlegel Villages,

were hardworking, entrepreneurial community builders whose partners in life, Florence and Emma respectively, were the guiding beacon that helped foster success. Schlegel Villages founder, Ron, also relied on his wife Barb to ensure his path forward would help their vision become reality.

In our current Schlegel Villages landscape, we're proud that more than 2/3 of the team members and leaders within our Villages and our Support Office team are women helping move our mission forward.

Whether it's our residents or team members, we are surrounded by dedicated, compassionate women who make our Villages better through their example. We honour them all on International Women's Day.

Women in our organization

67%

are senior
leaders

66%

are
leadership

68%

are from
Support Office (SO)

74%

are GM/AGM's

86%

Overall
(not including SO)



Bringing culture to the table

The food we eat is often tied to our culture or where we come from. If our meals don't match the smells and tastes we know and love, we might not eat or drink enough. This can affect quality of life and overall health. As the population of older adults grows and becomes more diverse, it's important for long-term care homes to offer a variety of foods that everyone can enjoy.

That's why Safura Syed, registered dietician and University of Waterloo PhD student, is leading a study focused on culturally inclusive food in long-term care homes.

"Not serving food that aligns with an older adults' cultural background can make them feel left out," explains Syed, a member of Heather Keller's Nutrition and Aging Lab. **"Food is important because it's part of who we are and where we come from."**

In her study, Syed is researching the challenges and supports food service managers and dietitians face in creating diverse menus.

Syed is also talking to residents and their families about how being served food from their culture affects their sense of belonging and makes them feel more at home. She's



using what she learns to help figure out the best way for LTC homes to include foods from all cultures in their meals.

Syed has found that personalized menus, acknowledging various holidays and religious days, and giving residents a chance to share their input, all help meet residents' cultural preferences.

"Eating food that tastes like home can make people eat better and stay healthier," says Syed. "By making sure everyone has food they enjoy and are familiar with, we can help everyone feel better and respected."

Subscribe to updates from the RIA at www.the-ria.ca/enews to find out how you can help researchers like Syed and to stay up-to-date on the latest news, events, and helpful resources.

Brought to you by
the Arbour Trails
Movie Crew



**New members
are welcome!**
See your recreation
calendar for date, time,
and location of meetings

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

March 4th — “Cabaret” (1972)

A female girlie club entertainer in Weimar Republic era Berlin romances two men while the Nazi Party rises to power around them.

2h 4m

Cast: Liza Minnelli, Michael York, Helmut Griem

March 11th — “The Lunchbox” (2013)

A mistaken delivery in Mumbai’s famously efficient lunchbox delivery system connects a young housewife to an older man in the dusk of his life as they build a fantasy world together through notes in the lunchbox.

1h 44m

Cast: Irrfan Khan, Nimrat Kaur, Nawzauddin Siddiqui

March 18th — “The Leopard” (1963)

The Prince of Salina, a noble aristocrat of impeccable integrity, tries to preserve his family and class amid the tumultuous social upheavals of 1860s Sicily.

3h 6m

Cast: Burt Lancaster, Alain Delon, Claudia Cardinale

March 25th — “Moulin Rouge” (2001)

A poor Bohemian poet in 1890s Paris falls for a beautiful courtesan and nightclub star coveted by a jealous duke.

2h 7m

Cast: Nicole Kidman, Ewan McGregor, John Leguizamo

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

March 1st — “A man Called Otto” (2022)

Otto is a grump who’s given up in life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

2h 6m

Cast: Tom Hanks, Mariana Trevino, Rachel Keller

March 8th — “Little Women” (2019)

Jo March reflects back and forth on her life, telling the beloved story of the March sisters- four young women, each determined to live life on their own terms.

2h 39m**Cast:** Saoirse Ronan, Emma Watson, Florence Pugh

March 15th — “Greyhound” (2020)

Several months after the U.S. entry into World War II, an inexperienced U.S. Navy commander must lead an Allied convoy being stalked by a German submarine wolf pack.

1h 31m

Cast: Tom Hanks, Elisabeth Shue, Stephen Graham

March 22nd — “Barbie” (2023)

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among the humans.

1h 54m

Cast: Margot Robbie, Ryan Gosling, Issa Rae

March 29th — “Downton Abbey: A New Era” (2022)

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess’s newly inherited villa.

2h 4m

Cast: Hugh Bonneville, Jim Carter, Michelle Dockery



Brought to you by
the Arbour Trails
Movie Crew



**New members
are welcome!**
See your recreation
calendar for date, time,
and location of meetings

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

March 7th — “Irma La Douce” (1963)
When a policeman falls in love with a prostitute, he doesn't want her to see other men, so he creates an alter-ego who will be her only customer.
2h 27m
Cast: Jack Lemmon, Shirley MacLaine, Lou Jacobi

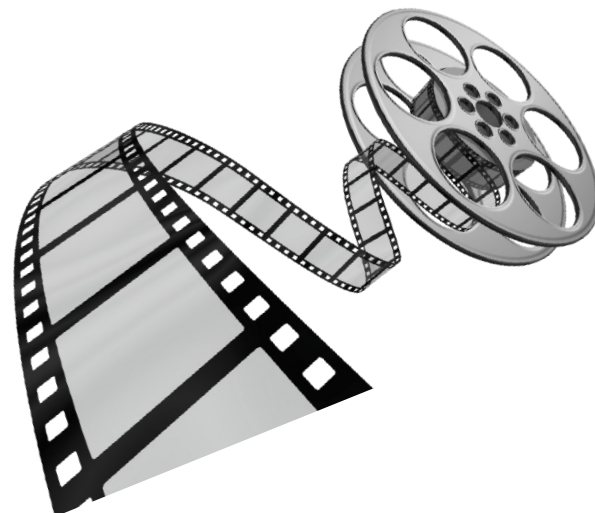
March 14th — “Some Like It Hot” (1959)
After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in.
2h 1m
Cast: Marilyn Monroe, Tony Curtis, Jack Lemmon

March 21st — “People Will Talk” (1951)
Dr. Noah Praetorius falls in love with Deborah, a student who discovers that she is pregnant by her old boyfriend.
1h 50m
Cast: Cary Grant, Jeanne Crain, Finlay Currie

March 28th — “The Founder” (2016)
The story of Ray Kroc, a salesman who turned two brothers' innovative fast-food eatery, McDonald's, into the biggest business in the world, with a combination of ambition, persistence, and ruthlessness.
1h 55m
Cast: Michael Keaton, Nick Offerman, John Carroll Lynch

**Playing every other Friday morning at
10:15 a.m. in Town Hall**

Atlantic: A Year in the Wild
The Atlantic Ocean is vast, wild and unforgiving. Stretching from the Antarctic in the south to the Arctic in the north. Four films, each documenting a different season in and around the Atlantic, through the lives of the animals that live there. Every season brings new challenges. All must be resilient and adaptable if they're to survive a year in the wild Atlantic.
45m



Arbour Trails Team Directory

Lead Nurse		505	Can be reached at this extension
Pauline Donovan	General Manager	803	pauline.donovan@schlegelvillages.com
Luisa McMaster	Wellness Coordinator	820	luisa.mcmaster@SchlegelVillages.com
Donna Hastings	Administrative Coordinator	802	donna.hastings@schlegelvillages.com
Marika Jach	Administrative Assistant	801	marika.jach@schlegelvillages.com
	Ailsa Craig Lobby	895	Can be reached at this extension
Shannon Holmes	Director of Food & Hospitality	804	shannon.holmes@schlegelvillages.com
Arshpreet Sandhu	Dining Room Supervisor	834	arshpreet.sandhu@schlegelvillages.com
Anuj Solomon	Director of Environmental	829	anuj.solomon@schlegelvillages.com
Katie Lammert	Director of Recreation & Volunteer Services	807	katie.lammert@schlegelvillages.com
Liz Szpakowski	Director of Lifestyle Options	827	liz.szpakowski@schlegelvillages.com
Wendy Jewitt	Director of Lifestyle Options	826	wendy.jewitt@schlegelvillages.com
Nick Chambers	Director of Lifestyle Options	825	nicholas.chambers@schlegelvillages.com
Jenny Schaefer	Village Experience Coordinator	837	jenny.schaefer@schlegelvillages.com
Jessica Rawlings	Neighbourhood Coordinator	805	jessica.rawlings@schlegelvillages.com
Manbir Kaur	Interim Williamsburg & Becker Neighbourhood Coordinator	819	manbir.kaur@schlegelvillages.com
Natalie Minnick	Interim Ailsa Craig Neighbourhood Coordinator	872	natalie.minnick@schlegelvillages.com
Megan Wakefield	Program for Active Living (PAL) Coordinator	808	megan.wakefield@schlegelvillages.com
Miranda Timmerman	Exercise Therapist, Program for Active Living (PAL) Coordinator	808	miranda.timmerman@schlegelvillages.com
Recreation	Recreation / The Hobby Shop	811	arbourtrails.recreation@schlegelvillages.com
Maintenance	For maintenance requests contact 887, 888, or 889		
Dining Room Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500