



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.



DECEMBER 2024

226-251-3065

32 Bayberry Drive,
Guelph, ON, N1G 0C9

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

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Photo: Photo of our Village of Lights display.





Birthday Parties

See your neighbourhood
monthly calendar for the
location and time!

*Let's
Celebrate*

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

A Message From Residents' Council



Dear Residents,

WOW! The last month of the year has arrived. How has it been for you? It's been a month full of excitement, I would say. What was your most memorable moment or experience? It might be an interesting discussion over a cup of coffee – why not give it a try?

The month started off with a lovely appreciation reception for the residents who were most affected by the hot water issue. It was a special occasion that was greatly appreciated, even by those of us who didn't experience the problem.

Remembrance Day was a significant occasion for many of us. We've all been touched by loss during times of conflict and it was a moment to reflect on those years.

We've had quite a few vendors here recently and perhaps you've found something to brighten your wardrobe for the holidays.

On November 13th, we were delighted to welcome Mike Schreiner, the leader of Ontario's Green Party. He gave a thoughtful presentation, addressing a variety of important issues such as long-term care, homelessness, food banks, and more. Some of these were familiar, but others were new insights. Mike even sprinkled in a bit of humor, which certainly made us think.

The Village had its yard Christmas decorations up for a while and have officially been turned on! It was also great to see the indoor decorations go up in time for the annual Christmas Market that took place on November 23rd. This is always an exciting time, with many wonderful vendors to choose from.

Our Christmas drive for the Salvation Army has started on time. The timing couldn't be better, especially with the postal strike affecting various service organizations.

On behalf of the Resident Council, I want to wish you all a very happy holiday season filled with family, friends, and warmth. Here's to all the best in the coming year. We look forward to seeing you in 2025!

Warmly,

Marilyn Wax
President of Residents' Council

NEW RESIDENTS—Would you like to join the VBARA?

Village by the Arboretum Residents Association former residents renewal OR become a new member! Receive the monthly newsletter "Tree Talk," and participate in over 100 activities available and much more.

**Contact me at suite #171 or
519-837-3076 if you would like to
learn more about VBARA!**

A Message From The VBA

Hello Everyone,

I am always pleased to have the opportunity to participate in events at Arbour Trails and Ailsa Craig. On November 13th, as VBARA President, I attended a presentation by Mike Schreiner, the Member of Provincial Parliament for Guelph. During his remarks, MPP Schreiner addressed issues of interest to residents, sparking a meaningful dialogue during the subsequent question period. Special thanks to Marilyn Wax for organizing the event and to Harold Quinn for serving as emcee. Events like these are valuable opportunities for residents to voice their concerns and engage in constructive discussions.



From left to right: Pat Sorbara, Harold Quinn, Marilyn Wax, and MPP Mike Schreiner.

On a lighter note, as a member of the Neighbourhood Club, I thoroughly enjoyed the recent High Tea. It was a delightful way to connect with others who may one day join the Schlegel community while continuing to play a vital role in our larger village.

It's fantastic news that Lyn McLeod has joined the Arbour Trails Residents' Council Executive. As a member of the VBARA Executive, Lyn will help ensure that the voices of villagers in Arbour Trails and Ailsa Craig are strongly represented.

On behalf of the VBARA Executive, I wish everyone a joyful holiday season and a very Merry Christmas. I hope you'll take the time to enjoy the many festive activities and visit the Village Centre to see the incredible decorations.

All the best for 2025,

Pat Sorbara

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



Dining News



Event	Date	Time	Location
Food Committee Meeting	Thursday December 5	2:30 p.m.	The Library
Ailsa Craig Neighbourhood Christmas Dinner	Thursday, December 5	5:00 p.m.	Town Hall
Egerton Neighbourhood Christmas Dinner	Tuesday, December 10	5:00 p.m.	Egerton Dining Room
Williamsburg & Becker Neighbourhood Christmas Dinners	1 st Seating: Tuesday, December 10 2 nd Seating: Thursday, December 12	5:00 p.m.	Main Dining Room

Reservations for Christmas Dinners are now closed.

For questions, please connect with Rachel or Komaldeep at:

(519) 836-2464

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.**



Happy December Arbour Trails!

Happy holidays Arbour Trails! We have made it to the most wonderful time of the year. December is an exciting month for countless reasons! 'Tis the season for twinkling lights, joyous songs, fluffy snow, holiday treats, endless decorations and spending time with the people we love.

As exciting as the holidays are, they can also be quite busy and overwhelming! Here are some quick tips for staying safe and injury free this holiday season!

- Take your time if you are decorating and ensure your decorations don't become a tripping hazard
- Avoid standing on chairs and stools to reach high places
- Avoid lifting heavy objects overhead – ask for help!
- Remember to use your mobility aid (cane, walker etc.) even if visiting friends & family
- Take your time and wear appropriate footwear if walking outdoors – beware of snow and ice
- Make time for some physical activity – walking or exercise
- Remember to take some time to rest & relax – don't overdo it!
- It is OK to not feel merry during the holidays - reach out to your loved ones & Arbour Trails team, we are all here for you!

The PAL Team wishes everybody a happy & healthy holiday season!



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 (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 (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

In Memoriam

Rosalyn Delehanty
Elizabeth “Betty”
Raaflaub
Suzanne Longpre

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:

Phone: (226) 251-3065 Ext. 845
Email: beverleigh.broughton@schlegelvillages.com

Philip Gearing:

Phone: (226) 251-3065 Ext. 845
Email: philip.gearing@schlegelvillages.com

Chapel Service—Sundays at 3:00 p.m.

- December 1—led by Chaplain Philip
- December 8—led by Chaplain Philip
- December 15 at 2:30 p.m. in Town Hall —led by Chaplain Beverleigh with guests: Salvation Sounds (*please note time change*)
- December 22—Christmas Anglican Communion — led by Rev. Dr. Barbara Sykes
- December 29—led by Marguerite and Keith Davies

Chapel Service — Sundays at 10:30 a.m. (led by Community of Christ)
December 8/15/22 (*note: no service on December 29*)

Catholic Communion—Mondays at 10:30 a.m.

- December 2/9/16/23/30 (led by Betty Rowsell)

Praying the Rosary

- Tuesday, December 3 at 3:00 p.m. (led by Luisa McMaster)

Bible Study—Thursday at 10:30 a.m. (led by Chaplain Beverleigh)

- December 5 & 12
- December 19— at 10:30 in the Chapel — Christmas music & musings
- December 26 at 10:00 a.m. in Town Hall—Bible Study movie —“Chasing the Star” (90 min)—(*please note location & time changes*)

Men’s Conversation Connection—Wednesday at 10:30 a.m. (led by Chaplain Phil)

- December 11 (*note: no program on December 25*)

Film of Faith in Town Hall

- Tuesday, December 10 at 2:30 p.m.—“Christmas Child” (90 minutes)

For the Soul (Emma’s)—Thursday at 1:30 p.m.

- December 5 (led by Chaplain Beverleigh)
- December 12 & 26 (led by Marguerite)
- Tuesday December 17 at 1:30 p.m. (Christmas activity led by Beverleigh & Karen)

Hymn sing (Egerton)—Wednesday at 2:30 p.m.

- December 4 & 11 (led by Chaplain Philip)

Conversation Café (JPL—Ailsa Craig)

- Thursday, December 12 at 2:30 p.m. (led by Chaplain Phil)

Seminar: “Through Loss to Life: Handling the Holidays” in Town Hall

- Tuesday, December 3 at 2:30 p.m. (led by Chaplain Beverleigh)

Christmas Services

- Blue Christmas —Thursday, December 19 at 2:30 p.m. (led by Chaplain Phil)
- Christmas Eve Carols & Lessons—Tuesday, December 24 at 2:30 p.m. (led by Chaplain Beverleigh)

Transportation



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 REQUIRED**

Shopping Shuttle Schedule

Every Thursday at:

10:00 a.m. — Front Entrance

10:05 a.m. — Ailsa Craig
Front Entrance

2:15 p.m. — Front Entrance

2:20 p.m. — Ailsa Craig
Main Entrance

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?

Join the Outings Committee!

Next meeting:



Tuesday,
December 10
in the Hobby Shop

Village Life Christmas Market Memories!



What a day! A huge thanks to our amazing team members, volunteers, and vendors for their dedication to making the day such a success. **A special shoutout to our generous local community contributors for their support:**

- * Suzanne M Jewelry
- * Nelly's Comfort Shoes
- * Feather and Foe Boutique
- * The Stone Store
- * Flying Dance Community

We're also thrilled to share that we raised over \$250.00 for the Children's Foundation Guelph Wellington Adopt a Family Program! Thank you to everyone who contributed!



LIVE Entertainment

Karen G on Piano

Tuesday, December 3 & 10
at 10:30 a.m. in Town Square

The Village Band Christmas Show

Thursday, December 5
at 2:30 p.m. in Town Square

Royal City Ukelele Ensemble

Wednesday, December 11
from 7:30 p.m. in Town Square

Residents' Council Executive Presents:

A Grace Cowley Christmas Special

Friday, December 13
at 2:30 p.m. in Town Hall

A Capella Group "The Bakers Dozen"

Tuesday, December 17
at 2:30 p.m. in Town Hall

Guelph Collegiate Vocational Institute Clarinet Choir

Saturday, December 21
at 2:30 p.m. in Town Hall

New Year's Eve with Andy De Campos

Tuesday, December 31
at 7:30 p.m. in Town Square



Vendors

Flowers, Fair & Gifts

Friday, December 6
from 10-2 in Town Square

Nelly's Comfort Shoes

Monday, December 9
from 10-2 in the Town Square

Stars of Modern Fashion

Wednesday, December 11
from 10-2 in Town Square

Bella Boutique

Friday, December 13
from 10-2 in Town Square

Creations Boutique

Monday, December 16
from 10-2 in the Hobby Shop

Mini Holiday Market

Baked goods, maple syrup and more!
Monday, December 16
from 11-3 in Town Square

Professional Florist "Earnest Floral" Christmas Arrangements

Monday, December 23
from 1-3 in Town Square

Happy Hour!



Featuring LIVE music with
Arbour Trails
resident "Bill Parker"

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

(see daily boards for updates or changes)

Village Life *December Happenings*

Guelph Scouts Visit!



Monday, December 2
from 6:30 p.m. - 7:30 p.m.
in the Main Floor Café

Visit with members of the 26th
Guelph Scouts Beavers, ages 5-7,
for activities and holiday
campfire songs!

Poinsettia Sale

Thursday, December 12
from 10:00 a.m. - 12:00 p.m.
in Town Square

Preorder your Poinsettias in the sign-up book
outside the Hobby Shop or the sign-up book
in Ailsa Craig

CELEBRATE
**National Christmas
Sweater Day**
Friday, December 20

Add some colour
to the village by
wearing your
favourite festive
sweater or vest!

First Day of Winter
**Winter Wonderland
Social**

Saturday, December 21
at 3:15 p.m.
in the Main Floor Café

Village Life *December Happenings*



**GINGERBREAD HOUSE
CONTEST**

JUDGING ON:

Saturday, December 21
from 10:00 a.m-3:00 p.m
in Town Square



**Christmas Flower
Arrangement
Sale**

Monday, December 23
from 1-3
in Town Square

With Toronto-
based professional
florist
"Earnest Floral"



Cash or e-transfer
ONLY



**Christmas
Day**

Carol Café

Wednesday, December 25

Join us for Christmas
carols, hot chocolate and
festive treats

See your neighbourhood
calendar for time and location



***New Year's Eve
in the Square***

Tuesday, December 31
at 7:30 p.m.
in Town Square

Please join us as we ring in
the New Year with
refreshments and live
entertainment with
modern-day crooner:



**Andy
De Campos**

Village Life *December Happenings*

The VBA's Village Singers

CONCERT

Tuesday, December 10

7:30 p.m.

at the Village Centre, Reid Hall

See the posters on Main Street, the elevators, and in the Tree Talk Newsletter for more details and ticket info

Sign-up for transportation outside the Hobby Shop or Ailsa Craig Main Lobby



A Month of Christmas Lights!

Village of Lights



Be sure to check out our magical Christmas light display by the back pond!

Christmas Light Tours



Check your neighborhood monthly calendar for details on our outings to enjoy local Christmas light displays!

Village Life—Message Board

Adopt a Family

Thank you for your generous support, bringing joy to those in the Children's Foundation Adopt-A-Family Program. Your kindness will create lasting memories and truly embodies the spirit of giving!



Important Reminder: Respecting Resident Newspaper Subscriptions

A reminder not to take newspapers from the Main Floor Café unless they're part of your personal subscription. These papers are paid for by residents and labeled with suite numbers. Subscriptions are managed independently, so please respect these arrangements.

If you would like to subscribe to a newspaper, please contact the following numbers:

- Toronto Star — 416-367-4500
- Globe and Mail — 1-800-387-5400
- Waterloo Region — 1-800-210-5210
- The National Post — 1-800-668-7678



Thank you for your cooperation!

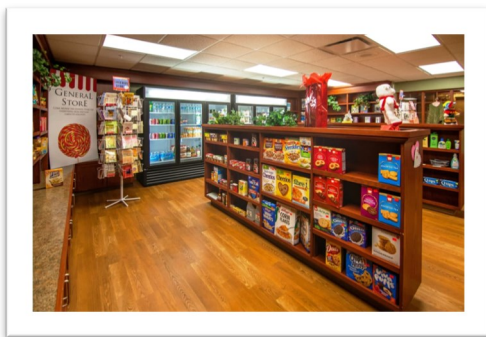
Village Life

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



We carry a variety of Items!

- Personal hygiene products
- Assorted breads
- Milk & other dairy products
- Assorted snacks, pop, juice & candy
- Assorted cereal & breakfast items

And much more!

We are accepting magazine Donations

Drop-off your gently used magazines in the General Store (during its open hours). We thank you in advance!

Make a Difference— Volunteer in the Village General Store!

Join our team at the General Store and make a real difference in our community! Volunteers would be helping with simple tasks like greeting shoppers, ringing up purchases, tidying the shelves and creating and keeping the store welcoming.

Why Volunteer?

- ♦ **Stay engaged:** It's a great way to stay active and involved.
- ♦ **Meet others:** Make new friends among fellow residents and visitors.
- ♦ **Make a difference:** Support a space that serves the whole Arbour Trails community.



**No experience needed, and
shifts are flexible!**

If you're interested, please reach out to Marilyn Wax at Suite #171



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

Guelph Public Library Bookmobile

Wednesday, December 4 & 18
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**



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

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

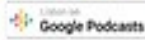
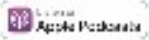


Stories from the GREEN BENCH Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Celebration

What traditions or practices were important to you and/or your family?

WISDOM *of the*
ELDER

You're invited to the

GRAND SLAM OF CURLING

***Tuesday
January 16***

*11:30 a.m. | Sleeman Centre
50 Woolwich Street, Guelph*

Join us for a complimentary, thrilling day of curling! Watch the pros sweep, slide, and score in an action-packed game!

RSVP

by Tuesday, January 6.

Sign up outside of the Hobby Shop.

More details will be provided.

Limited
spots
available



Questions?

Call Jenny at 226-251-3065 x 837 or
jenny.schaefer@schlegelvillages.com

Schlegel Villages – CONNECTIONS



Season's
Greetings

With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.



Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!



Schlegel Villages – CONNECTIONS

Mission-driven GROWTH

Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



The Village of Ridgeview Court, Milton

Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court,** Milton (end of 2025)
- **The Village of Millers Creek,** Ajax (spring of 2026)
- **The Village of Riverbank Terrace,** Ottawa (late 2026)
- **The Village of Stouffer Mills,** Stouffville

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!

Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

Brought to you by
the Arbour Trails
Movie Crew



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

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

December 2 — “Waking Ned Devine” (1998)

When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money

1h31m

Cast: Ian Bannen, David Kelly, Fionnula Flanagan

December 9 — “Working Girl” (1988)

When a secretary’s idea is stolen by her boss, she seizes an opportunity to steal it back by pretending she has her boss’ job.

1h 53m

Cast: Melanie Griffith, Harrison Ford

December 16 — “Star Wars 5” (1980)

After the Empire overpowers the Rebel Alliance, Luke Skywalker begins his Jedi training with Yoda. At the same time, Darth Vader and bounty hunter Boba Fett pursue his friends across the galaxy

2h4m

Cast: Mark Hamill, Harrison Ford

December 23 — “It’s a Wonderful Life” (1946)

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

2h10m

Cast: James Stewart, Donna Reed

December 30 “12 Angry Men” (1957)

The jury in a New York City murder trial is frustrated by a single member whose skeptical caution forces them to more carefully consider the evidence before jumping to a hasty verdict.

1h36m

Cast: Henry Fonda, Lee J. Cobb

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

December 12 — “The Sound of Music” (1965)

A young novice is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer.

2h 52m

Cast: Julie Andrews, Christopher Plummer

December 19 — “National Lampoon’s Christmas Vacation” (1989)

The Griswold family’s plans for a big Christmas predictably turn into a big disaster.

1h 37m

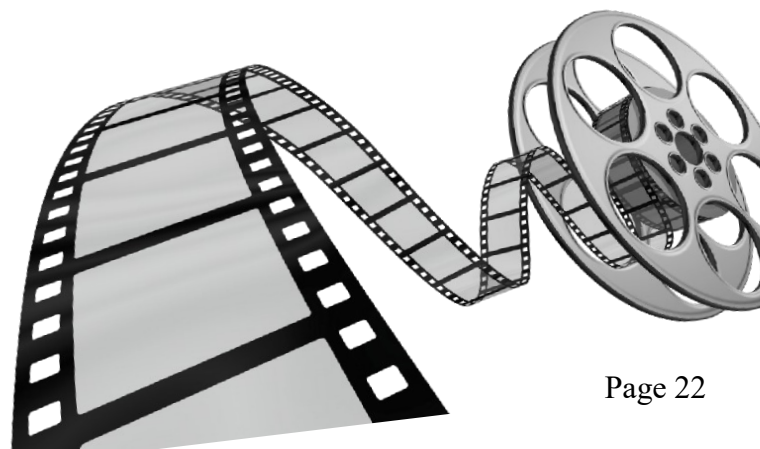
Cast: Chevy Chase, Beverly D’Angelo

December 26 — “Home Alone” (1990)

An eight-year old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve

1h 43m

Cast: Macaulay Culkin, Joe Pesci, Daniel Stern



Brought to you by
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Movie Crew



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

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

December 6 — “The Long Game” (2023)

In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.

1h 52m

Cast: Jay Hernandez, Dennis Quaid, Cheech Marin

December 13 — “Bank of Dave” (2023)

Based on the true-life experiences of Dave Fishwick; ‘Bank of Dave’ tells the story of how a working class Burnley man and self-made millionaire fought to set up a community bank.

1h 47m

Cast: Joel Fry, Phoebe Dynevor, Rory Kinnear

December 20 — “Ordinary People” (1980)

The accidental death of the older son of an affluent family deeply strains the relationships among the bitter mother, the good-natured father and the guilt-ridden younger son.

2h 4m

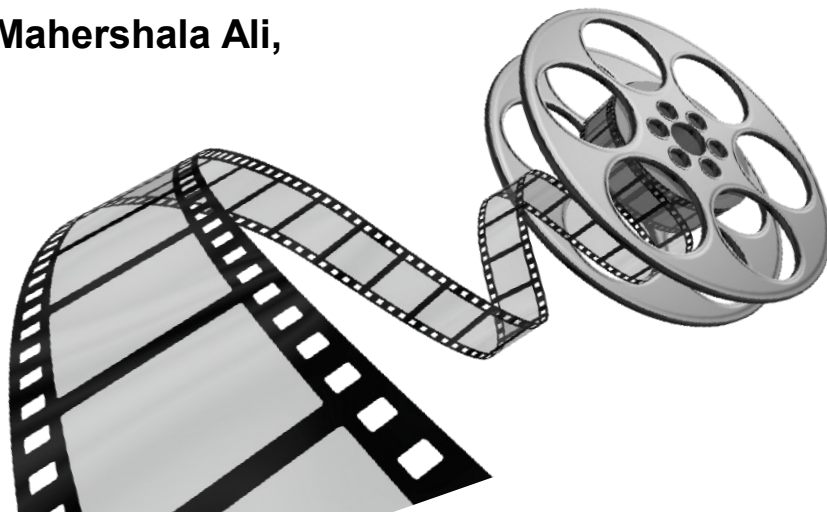
Cast: Donald Sutherland, Mary Tyler Moore, Judd Hirsch

December 27 — “Green Book” (2018)

A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South.

2h 10m

**Cast: Viggo Mortensen, Mahershala Ali,
Linda Cardellini**



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
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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
Rachel Kuipery	Director of Food & Hospitality	804	rachel.kuipery@schlegelvillages.com
Komaldeep Singh	Dining Room Supervisor	834	komaldeep.singh@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
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Jenny Schaefer	Director of Lifestyle Options	837	jenny.schaefer@schlegelvillages.com
Marika Jach	Village Experience Coordinator	837	marika.jach@schlegelvillages.com
Jessica Rawlings	Neighbourhood Coordinator	805	jessica.rawlings@schlegelvillages.com
Manbir Kaur	Williamsburg & Becker East Neighbourhood Coordinator	819	manbir.kaur@schlegelvillages.com
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Megan Wakefield & Miranda Timmerman	Program for Active Living (PAL) Coordinators	808	megan.wakefield@schlegelvillages.com miranda.timmerman@schlegelvillages.com
Beverleigh Broughton & Phil Gearing	Chaplains	845	beverleigh.broughton@schlegelvillages.com philip.gearing@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