

THE BENEFITS OF RETIREMENT LIVING BY CHARTWELL

Making the move to a seniors' residence can be an exciting new chapter in your life. With convenient services and support available, a retirement lifestyle can enable you to pursue your interests, enjoy an active lifestyle, and develop new friendships.

Here's how retirement living can help you embrace these possibilities to ensure the next stage of your life is the best it can be.

SOMETHING TO THINK ABOUT



The average decrease in cognitive decline rate over five years for older adults who are frequently social.



1/4 Canadian seniors who report they'd like to participate in more social activities.

4.8
HOURS

The daily amount of time devoted to family and household responsibilities for women aged 65-74, the average for men being 3.9 hours.

DID YOU KNOW?

Many older adults don't want to lead an idle retirement lifestyle - they want to feel fulfilled. According to a survey by TD, the top three retirement goals for Canadians are:



Working at something they love



Volunteering in their communities



Learning new skills

REFOCUS YOUR ENERGY

Instead of worrying about cooking, cleaning or home repairs, you can let committed retirement staff take care of these responsibilities for you so you're able to spend your energy on the people and hobbies you most enjoy. Some of the convenient services typically offered are:



Delicious prepared meals



Varied lifestyle programs, activities and outings



Housekeeping and laundry options



Personal support services



24-hour security

SUPPORT YOUR HEALTH AND WELLNESS

The community-style environment and convenient services offered by retirement residences can do more than free up your time—they can help you improve or maintain your overall sense of wellness. Some aspects of a senior living lifestyle that may have a positive impact on your overall wellness include:



A supportive community of peers/staff



Fitness and wellness classes



Social events, clubs, activities and outings



Volunteer opportunities



Nutritious meals



Outdoor space and other on-site amenities

Whether you've grown tired of the chores and responsibilities associated with your home or apartment, wish to feel secure in a community surrounded by peers and staff, or want to take advantage of social and active living opportunities, Chartwell can help you enjoy the many benefits of retirement living.



CHARTWELL
retirement residences

Visit www.chartwell.com to learn more about life as a Chartwell resident. This may not be reflective of every Chartwell residence. Visit property specific web pages or call our contact centre at 1-855-461-0685 for more information on what is offered.

Sources:

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