

Seniors savour carefree lifestyle at Hearthstone by the Bay

Canadians are living longer. On average, Canadians now live 20 years after they retire – and are demanding a more stimulating retirement living experience.

Hearthstone by the Bay, a retirement condominium on the shores of Humber Bay in Etobicoke, is redefining independent senior living by offering home ownership in a resort style community with round-the-clock personal, home, and wellness services. The many activities and amenities offered at Hearthstone encourage condo owners to engage in a network of their peers, invigorating their social life and managing their health all under one roof.

"It's important to be around people you can relate to, so that you can create bonds with new acquaintances and be empowered socially," says gerontology expert Jane Udell Jones, Hearthstone's customer relations manager.

There is an exciting array of activities available to seniors living a Hearthstone, including shopping trips, nature excursions, and ongoing competi-

tions like Wii bowling and golf tournaments. Those who are less adventurous can mingle and swap stories in the licensed Humber Arms pub or in the full-service Lakeview dining room.

"Keeping your mind busy through various activities helps to increase self-confidence as well as gives a sense of accomplishment and belonging," says Joe Moniz, who organizes the daily fitness and recreational activities in his role as Hearthstone's Recreation Director.

Henry and Joan Owen recently moved into Hearthstone by the Bay and are enjoying themselves immensely.

"We wanted to mix with people our own age, and we've made a lot of friends in the short time we've been here," says Mr. Owen.

The couple actively participates in many of the social activities at Hearthstone, and enjoys learning how to play Nintendo Wii and attending exercise classes. They also appreciate the built-in safety features, such as emergency

call buttons and the grab bars in the bathroom.

"It's really ideal for what we need," says Mrs. Owen.

Choosing to purchase a retirement condo like Hearthstone by the Bay is an increasingly attractive option to many seniors like the Owens.

"It makes life very seamless," says Jones.

As well as enjoying an active retirement, the Owens are able to maintain the equity from their family home while downsizing. Their condo purchase provides them security too as Hearthstone offers many home care options to address the couple's changing health care needs, and as condo owners they can never be asked to leave. This flexibility means that the Owens can age gracefully and in close proximity to their friends without worrying about the future.

For more information about Hearthstone by bay, please contact 416-259-4466 or visit www.HearthstoneByTheBay.com. The Presentation Centre is located at 3 Marine Parade Drive in Etobicoke.