

At Delmanor we recognize that there's more to retirement than just putting in time. We believe in an active lifestyle that allows you to enjoy the retirement you've worked hard to achieve.

We believe in new beginnings rather than old dreams. We believe that friendships keep us young, that activity keeps us fit and that interactions keep us whole. We believe we all have the power, individually and collectively, to make retirement fulfilling. Simply put, we believe that the enjoyment of life includes attention to body, mind and spirit. The Delmanor LivingWell™ program encourages individual empowerment to build a sense of self awareness.



DELMANOR

Inspired Retirement Living™

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DELMANOR

LivingWell™



*For an Active
Mind and Body*

LivingWell™ Everyday

Research has shown that older adults with active lifestyles are often as healthy as people fifteen years their junior. Our LivingWell™ program not only helps you set goals, but also reach them. That means more mobility, agility, flexibility, balance and stamina. Coupled with a healthy diet, like the one provided daily by our chefs, you'll soon find yourself being able to bend, twist, stretch and carry more. Individual exercise programs help increase muscle strength for men and women and increase the oxygen flowing to the muscles and the brain. That contributes to prolonged good health, resistance to illness, and overall independence. It means a happier and healthier you.

Our LivingWell™ coaches carefully develop a program just for you. With their support you'll work at your own pace to reach your goals. Your program can help reduce your risk of heart disease, increase bone density, rehabilitate back pain, minimize the risk of falls, adult-onset diabetes and develop an overall sense of well-being. You'll also find events and activities that are designed to enrich your spirit, expand your mind and stimulate your thinking. Along with exercising the body, challenging the mind is becoming increasingly important to maintain mental alertness and focus.



Our LivingWell™ lecture series, seminars and workshops provide brain stimulation through education and learning new things. The pursuit of knowledge through learning keeps your mind sharp, improves your memory and gives you the sense of accomplishment. You'll learn at your own pace and choose subjects from a wide array of topics and different fields of study.

Your additional choices are almost endless. Explore the Internet in our computer library or join a discussion group, book club, wine tasting, card game, hobby or art class. Share your knowledge with others, or just sit back and listen to the experiences of a guest lecturer.

As Mark Twain said, "He who laughs, lasts." That's our LivingWell™ philosophy too - no matter which programs you choose, you'll find that laughter and fun is a key component.

