A DAY IN THE LIFE OF A RESIDENT

8AM
BREAKFAST

Kick back and enjoy your breakfast.

10AM
COFFEE BREAK

Shoot the breeze and catch up with a cup of coffee or tea with friends in our lovely Bistro.

11AM
AQUA CLASS

Join us in the pool for a great, refreshing work out. Don't forget your swimsuit!

12PM
LUNCH

The dining room is always a busy place at lunch, with friends chatting and fresh lunches being served by our dedicated staff.

2PM
FITNESS

Staying active well into one's retirement years is one of the best ways to keep fit, stave off age-related disease and remain independent.

3:30PM
PICNIC IN THE PARK

Did you sign up for our latest outing? There's always a full activity calendar, so be sure to check your daily schedule in case something piques your interest!

4:45PM
DINNER

Isn't it nice to wind down a lively day with a tasty meal you didn't have to cook?

6:30PM
CRIBBAGE

Pull up a chair and try your hand at Cribbage, Bingo or Scrabble — there's always an abundance of laughter around the table!

7PM
FILM

Movie night includes popcorn and a beverage while viewing the latest blockbuster.

10:30PM
END OF DAY

It's been such an eventful day, you forgot to return your calls. Whoops! Put it on your to-do list for tomorrow. Rest up for another full day tomorrow!