



Donway Place in Don Mills sports an unusual post-modern architectural design.



The retirement residence boasts substantially larger rooms than many other residences.

Retirement residence encourages ageless living

BEECHWOOD Place and Donway Place, the first two Lifestyle Retirement Communities in the Toronto area, incorporate the basic philosophy of "Ageless Wellness" into their daily operating style.

John Press, vice-president, operations, explains that the theory of "Ageless Wellness" is in keeping with the goals and objectives of Lifestyle Retirement Communities. "Our residents take responsibility for their own lives while we provide the facilities and services that enable them to do so," he said.

"Ageless Wellness has two basic principles — the prevention of illness and the promotion of wellness," Press elaborated. At Lifestyle Retirement communities, we will be enforcing these principles with innovative and exciting options and top-notch nutritional meal plans and exercise programs.

A renowned expert on aging, Dr. Joel Elkes, is a member of Lifestyle Retirement Communities' Advisory Board and has been involved in developing programs for the company. He is a member of president's Committee on Aging and has researched

and written extensively on the theory of Ageless Wellness.

Lifestyle Retirement Communities' emphasis on mental well-being begins with one of its trademarks — the provision of more space and choice in living accommodations. A variety of units, complete with kitchenettes and ample closet space, are offered ranging from studio apartments to two-bedroom units.

"Making a move into a retirement residence is often a highly emotional experience," Press said. "We want to make this experience a positive one," he added. "By providing more space than existing Canadian facilities do, we provide the opportunity for independent lifestyles. Our residents can not only bring many of their cherished furnishings and possessions with them, but they can entertain friends and family comfortably in their own home."

A unique recreational program is also part of the lifestyle's concept. A first-ever in retirement residences, a specialized computer program matches resident profiles with both inhouse and external activities and programs.

"This program is an exciting option for residents. Situated

in an attractive open area, the centre includes a large modern cooking centre, and gives residents the opportunity to plan their own social activities.

"Our residents are mobile, independent, active and quite capable of leading well balanced and fulfilling lifestyles. At Lifestyle Retirement Communities, we do not make the mistake of equating old age with illness, but recognize that senior citizens have a lot to offer life," Press said. "Our services simply set the stage for our residents, while they determine their own lifestyles."

While many of Lifestyle's programs are designed to promote self-worth and mental well-being, physical well-being is not ignored. It has been found that many symptoms attributed to old age are often just a result of poor nutrition. Lifestyle's full-service dining rooms offer three meals a day, which give residents optimum nutritional impact and healthy eating habits.

An exercise studio is also onsite. Guidance in setting up personalized exercise programs is available to residents, as well as organized classes.

"We are doing our best to accommodate all of our residents' needs and desires. Aging is a normal phase of life and in keeping with the Ageless Wellness Philosophy, we recognize this," Press said. "Our operations are designed to help our residents move closer to a positive sense of well-being and a celebration of life."

FOR MORE INFORMATION:
Donway Place
8 The Donway East
445-7555
Toronto/Don Mills

Calendar of Events

The Tribune's Community Focus publishes a weekly Calendar of Events listing upcoming activities in the area. Individuals or groups wishing to use this free service should call 640-2100 or 649-2292 no later than the Friday preceding publication.

dary School. Admission is \$5 a person.

The Markham Guild of Village Crafts is sponsoring a Spring Sale and Open House, Saturday, May 14, from 10 a.m. to 5 p.m., at 98 Church Street, Markham. There will be 13 craft exhibits. Admission is free. At the same time, registrations will be accepted for children's craft classes.

Thurs., May 12

A Foot Clinic and Blood Pressure Clinic will be held at the Silver Jubilee Club, Stouffville, Thursday, May 12, from 8:30 to 11:30 a.m. For additional information and/or transportation call Home Support Services at 640-6554.

Mon., May 16

The Seniors Video Club will see "The Mouse's Tale" at the Silver Jubilee Club, Monday, May 16, at 1:30 p.m. The time is 1:30 p.m. New members welcome along with suggestions for new videos.

Fri., May 13

Seniors are invited to play cards at the Silver Jubilee Club, Stouffville; bridge and euchre in the afternoon.

The Royal Conservatory of Music Alumni Association is presenting "An Evening of Music", Friday, May 13, at 7:30 p.m., in the Markham Pentecostal Church, 16th Ave., Markham (east of McCowan Rd.). Admission \$4; no charge for students and children.

The Stouffville Horticultural Society will meet Monday, May 16, in the lower auditorium of Stouffville United Church. Time of the meeting is 8 p.m. Speakers are Glendyne Monreal (gladioli), and Julia Hosford (flower-arranging).

The Canadian Cancer Society (Region of York) is holding a gala celebration, Friday, May 13, to mark its 50th anniversary. The venue is Glenway Country Club, Davis Drive, Newmarket. The evening's activities include dinner and entertainment. For tickets (\$50 per person) call Bill Giles, 640-2015.

The annual banquet and fly-up ceremony for the Ballantrae and Vandorf Brownies, Guides and Pathfinders will be held Monday, May 16, at 6:15 p.m., at the Ballantrae Community Centre.

Tues., May 17

The Ballantrae Seniors will meet at their Club House, Tuesday, May 17. For additional information call Oscar Bell.

The "TAB" (Take A Break) Group will meet Friday, May 13, from 9:30 to 11:30 a.m., at Stouffville United Church. For additional information call Brenda (640-4006) or Sydna (640-4189). Children are welcome; babysitting available. The cost — adults \$1; children 50 cents.

The 4-H Personal Finance and Achievement Program will be held Tuesday, May 17, at 7:45 p.m., in the Ballantrae Community Centre. Guest speaker — Nancy Darling of Stouffville. Presentation of awards and refreshments.

Sat., May 14

Uxbridge Swim Club will present Sandra Beech in concert, Saturday, May 14, at 3 p.m., in Uxbridge Sec-

ondary School. Admission is \$5 a person.

MARKHAM FEDERAL PROGRESSIVE CONSERVATIVE ASSOCIATION

NOTICE OF NOMINATION MEETING

A nominating meeting to elect a Progressive Conservative candidate for the Federal Riding of Markham will be held:

Wednesday, June 1, 1988
Markham Centennial Arena
8600 McCowan Road
Markham

Registration from 7:00 p.m. to 8:30 p.m.

In order to vote at the nomination meeting you must be:

1. A paid-up member of this Association by no later than midnight May 16, 1988.
2. Over 14 years of age. Members under the age of 18 must show proof of age.
3. A resident of the riding, which includes the Regional Municipalities of Markham and Whitchurch-Stouffville.

For information on candidacy, membership, nomination procedure, deadlines, etc. please call Audrey Pickard, Vice President - Membership at 881-5383.

Application Form:

(mail to Markham Federal PC Association, 7305 Woodbine Ave., Dept. 610, Markham, Ontario, L3R 3V7)

Name: _____
Address: _____
Postal Code: _____ Telephone: _____
Membership fee of \$2.00 per person or \$5.00 per family must accompany application form.

TREND SETTER

FINE WOMEN'S APPAREL
93 Main St. N. Markham 294-0966

DOWNTOWN DAYS RAINBOW SALE
Shop by Colour and Save 20%

Wednesday - Pink
Thursday - Green
Friday - Peach
Saturday - All Colours
All Sales Receipts Eligible For Draw May 14

20% OFF
regular ticket price

Jack Fraser's



Rayon Sportshirts 15.88! Reg \$25
Casual and comfortable, in an assortment of co-ordinating colours.

Printed Sportshirts 17.88! Reg \$22 & \$24
Machine washable. Yarn-dyed Jacquard patterns for easy co-ordinating.



Knit Shirts 12.88!
Regular \$20
Machine washable and available in lots of spring colours. Plain pique, interlock and stripe jersey knits.

We've added to the sale!

Bahama Casual Pants 29.88 Regular 39.95
Machine washable, lightweight and comfortable. Pleated or plain styles in a great selection of colours.

Knit Shirts now 12.88! Regular \$20

Spring Wardrobe Event

JACK FRASER

• Markville Shopping Centre, Markham • Upper Canada Mall, Newmarket • Hillcrest Mall, Richmond Hill