



Balmoral Place
RETIREMENT COMMUNITY

Balmoral Place
-BUGLE

Retirement Residence and Seniors Apartments



August 2019 Newsletter • Collingwood, ON



We Enjoyed the Sunshine and the Outdoors in July!

What a fantastic July we had at Balmoral Place! We finally had some warm weather and sunshine to enjoy, and we took advantage of it.

The residents enjoyed a wine and cheese boat cruise at the Collingwood Harbour, played bocce ball with friends on Balmoral's bocce court, and we even had a Pina Colada Party at our pub!

On July 25, we kicked off the Elvis Festival with our own Elvis show and boy did we all have a fabulous time.

There's never a dull moment at Balmoral Place, and we have been enjoying every second of our fabulous summer. Stop in and have a drink on our patio and enjoy it with us!

Call Sara at 705.444.9898 to book a private tour of our beautiful home!

Sara Cronkwright, Sales and Marketing Manager

Balmoral Place is Offering Free Tai Chi Fitness Classes

Tai Chi Classes

Wednesday, August 14, 21 & 28

10:00 am

Balmoral Place is pleased to announce that we are starting a Tai Chi class for seniors in Collingwood and the surrounding areas.

This free Tai Chi class will be held weekly at Balmoral Place.

Call Sara at 705.444.9898 if you are interested in signing up for a class or for more information.



July Events

Our residents stayed busy in July by crafting beautiful floral letters, taking a wine and cheese boat cruise at the Collingwood Harbour, and singing and dancing along to Elvis as we kicked off the Elvis Festival!



5 Health Benefits of Tai Chi for Seniors

Tai chi is an ancient Chinese martial art that incorporates a series of weight shifting, body rotations, and semi-squat exercises with deep breathing techniques. Learn how its gentle movements are an ideal body and mind exercise for helping older adults stay healthy and fit.



1. Nearly anyone can do it!

Unlike other types of exercise, tai chi is a low-impact, slow-motion exercise that is incredibly safe. Its circular movements keep muscles relaxed with minimal strain on bones and joints.

2. Addresses key fitness components

Regular practice of tai chi's gentle, physical exercise can improve muscle strength, flexibility, and cardiovascular endurance.

3. Helps reduce falls and improves balance

Older adults who practice tai chi may reduce their risk of falling by up to 50%. It is also effective for balance in people with Parkinson's disease and neurological problems. By targeting leg strength, flexibility, range of motion, and reflexes, tai chi's exercises may help you feel sturdier on your feet.

4. Improves brain function

Tai chi is linked to increases in brain volume, delayed dementia, and improvements on tests of memory and thinking.

5. Promotes serenity

Sometimes called "meditation in motion," tai chi's deep breathing meditation techniques can help relieve stress and improve feelings of overall well-being.



Meet Sandra Brandt

Sandra booked a vacation stay at Balmoral Place for a month. At the end of her vacation stay, Sandra decided that she wanted to make Balmoral Place her home.

"I just love it here," she tells anyone who asks her about her decision. She loves her suite, her wonderful view, and the many new friends she has made.

Balmoral Place Offers Short-Term Accommodations

Short-term stays provide all the advantages of living in a retirement community, but for a designated period of time. It's an excellent way to look at your options and experience retirement living before making the big move.

Balmoral Place offers:

- Respite stays for seniors recovering from an illness or medical procedure;
- Trial stays to try out the retirement residence lifestyle firsthand;
- Vacation stays for a change of scenery or caregiver relief.

Call Sara today at 705.444.9898 for more information about our Short-Term Accommodations.

