



Balmoral Place
RETIREMENT COMMUNITY

Balmoral Place

— BUGLE

Retirement Residence and Seniors Apartments



March 2020 Newsletter • Collingwood, ON

Spring is Around the Corner!



With spring around the corner, we are seeing evidence of its emergence everywhere. The days are getting longer, the birds are singing, the snow is melting. Balmoral Place is no exception: the residents are taking their walks outside, planning what seeds to plant in the greenhouse, and there is a noted increase in participants in the many physical exercise programs available.

“Spring: a lovely reminder of how beautiful change can truly be.”

If you are considering a move this spring, or in the future, our community at Balmoral Place has seniors apartments, a retirement residence, and assisted living suites to suit your needs.

As we move forward to bright days ahead, I encourage you to book a personal tour with me or attend one of the many diverse events planned in our community

Jodi Simonato, Sales and Marketing Manager

Upcoming Events

Test Ready Refresher Course Implemented by Drive Wise

Thursday, March 26

2:00 pm - 4:00 pm

A free course designed to assist seniors complete their Senior Driver Licence Renewal Program with confidence.



RSVP at 705.444.9898 or online at balmoralplace.ca/events for this free event!

Meet Mary Dion

Mary Dion lives at Balmoral Place and is described by her peers as someone who “always has a warm smile for everyone she greets.”

Mary decided to move to Balmoral Place after a stay in the hospital. She said the decision was made because she did not want to be alone. Her advice to others considering moving into a retirement home is to get to know the people you eat with and attend the programs. Be patient as it does take time to adjust to your new environment and you will feel at home before you know it.

Mary says that the best part about retirement living is the other residents and the staff. Mary doesn't miss a Bingo game and likes to attend card games. You can often find Mary in the cozy fireplace lounge with a good book.

Thank you, Mary, for letting us get to know you!



February Events



Despite the cold temperatures brought our way during February, Balmoral Place residents kept everyone's hearts warm by baking and sharing homemade cherry almond bread while being serenaded by the Rhythmix quartet. We also made fresh flower arrangements and displayed them for everyone to enjoy.

Leah Denbok, 18 years old, is a renowned Collingwood photographer who has been mentored by National Geographic. She spoke to our residents about her experience of taking photographs and writing her book and wowed us not only with her photographs but the inspiration behind her project. Leah pays homeless people to take their pictures and she captures the spirit of each individual.

Our residents continue to spread love into our community. The knitting club got to present their knitted lap blankets to the Collingwood General Marine Hospital to be enjoyed someone who needs extra comfort while in the hospital.

Our fundraiser for the Georgian Triangle Humane Society was a hit. Cupcakes were baked, decorated, and sold by our residents to support this good cause.



Six Benefits of Yoga for Seniors

Seniors often struggle with pain, joint stress, imbalance, osteoarthritis, and other physical limitations, and can benefit from incorporating a yoga practice into their daily routine. Here are some of the reasons:

Yoga Improves Balance and Stability

Many yoga poses focus on balance and stability, both incredibly important as you age. Strengthening your muscles and improving your balance prevents the likelihood of falls.

Yoga Improves Flexibility and Joint Health

If you're looking for a gentle exercise that increases flexibility, yoga is a great option. Flexibility exercises such as yoga are great if your joints tend to be achy or stiff.

Yoga Reduces High Blood Pressure

High blood pressure can lead to cardiovascular disease and is the second leading cause of kidney disease. Recent studies have found that yoga reduces oxidative stress in the older population. Oxidative stress is one of the underlying causes of high blood pressure and is a strong risk factor for heart attacks.

Yoga Reduces Anxiety

Yoga classes, especially those geared toward seniors, are calm and restorative and relax your body and mind. When practiced regularly, yoga can reduce your sympathetic nervous system's fight-or-flight response, which can cause inflammation of all kinds and wreak havoc on your mind and body.

Yoga Encourages Mindfulness

So much of yoga is focused on breathing and listening to your body. As you practice yoga and become mindful of not just your body, but also of your thoughts and emotions, you will become more connected to your environment, your community, and the world around you.

