

YOUR PASSION FOR LIFE

Celebrating 26 Years!

active

adult



**AGING WITH
ADDICTION**

beauty

Safe Enhancements
to Soften the
Effects of Aging

Vegetable Gardening
with **Frankie Flowers**

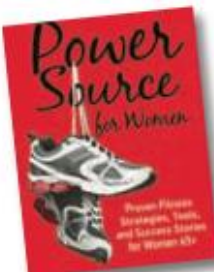
Kamalaya, Thailand
The spa experience

**Prepping your
Home for ReSale**

TIPS ON DE-CLUTTERING AND STAGING

MARCH/APRIL 2011 \$4.95
activeadultmag.com

ADULT-LIFESTYLE COMMUNITIES: Featuring exclusive maps and amenity charts



Inform instruct inspire

Power Source For Women: Proven Fitness Strategies, Tools, and Success Stories for Women 45+ was written for women 45+ who want to start, or return to, fitness. Authors Susan Sommers and Theresa Dugwell discuss how major changes can result in weight gain, job loss/retirement, divorce, depression, smoking cessation, and the physical problems associated with aging – arthritis, diabetes, and osteoporosis. In addition, Sommers

and Dugwell have included personal stories and achievements from five role models, including Maureen Catania who was on the January/February 2010 cover of Active.

The book is available at Chapters (under \$20) and online at powersourceforwomen.com.



The Resistance Chair

Depending upon pre-existing health conditions, mature adults should stay active and strong. The Resistance Chair® is designed to help by offering a wide range of exercises. From a safe, seated position you can strengthen muscles, improve flexibility and endurance, stave off the effects of common ailments, and assist with post-op rehabilitation. The Chair enables users to exercise arms, chest, shoulders, abdomen, back, and legs. You can use this portable system at home, on the road, or with a personal trainer. Priced at \$279.95, the chair is available for purchase/shipment internationally. See full details on the website at vqactioncare.com.

Virtual Health Club

The MYTRAK Personal Lifestyle Activity Coach (M2) is a wearable device that tracks and analyzes your lifestyle whether you're spending time with the kids, being active at home, playing a sport, or even at work. Instructs on diet and lifestyle, supported by professional health coaches and an online community of people that share similar goals and interests. For more details, go to mytrak.com.



ON THE WEB

losingourparents.com

Find support and educational resources to help cope with declining health or death of a parent. In addition, the site discusses elder abuse. The Awareness Project helps educate seniors and their families about elder abuse issues through workshops by industry experts and a live webinar of the workshops.

memorialmatters.com

Are your family's life stories lost in time? On this site you can pay tribute to deceased loved ones, with easy-to-make, ad-free, online memorials.

mycarejourney.com

Share stories and insights as you care for aging parents and loved ones. Organizations such as Baycrest Centre for Geriatric Care, Parkinson Society of Canada and The Psychology Foundation of Canada provide expert eldercare knowledge. Learn to balance work and care, manage caregiver anxiety and depression, communicate with doctors, and find the best long-term care facility.



Herbal Drink Concentrates

Intuition is a new line of preventative drink products offering a variety of health benefits, available in two blends. My Vitality is a caffeine-free concentrate to increase energy. My Waistline is a sugar-free concentrate formulated to decrease appetite. Both are combinations of medicinal herbal tinctures, juice concentrates and natural flavours delivered in an add-to-water mix in a tube priced at \$5.99 for a 3-tube pack or \$24.99 for a 14-tube pack. Available at health stores across Canada or online at drinkintuition.com.

HOMES IN BLOOM!

GRAND RE-OPENING SATURDAY, APRIL 30TH



Detached Homes

RESORT INSPIRED LIVING ALL YEAR ROUND!

- VISIT OUR FOUR FULLY FURNISHED MODEL HOMES!
- BUNGALOW, BUNGALOW-LOFTS AND 2-STORY DESIGNS.



DIRECTIONS FROM TORONTO
 go 400 north to Hwy 93 north, then east on Hwy 12 for three stop lights, left on William Street, right on Pillsbury Drive, follow signs to Presentation Centre

PRESENTATION CENTRE AND MODEL HOME HOURS:

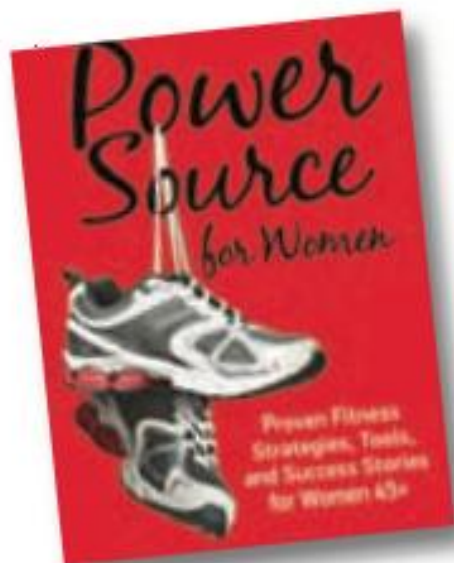
FALL/WINTER: BY APP. ONLY
 THURS. TO TUES. 12PM - 4PM

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EMAIL: MIDLAN@BELLNET.CA OR VISIT US AT
WWW.REMINGTONHOMES.COM



Prices and specifications shown are subject to change without notice. \$300,000 show home only available as per plan. Reservations are subject to credit only. Availability of Plans and Sales may be limited due to quality. Remington Homes reserves all rights, including the right to cancel, delay or discontinue the presentation and model packages at any time.



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