

## Armstrong Retirement Residences

Armstrong Retirement Residences - The average lifespan of human beings have increased over the years because of the advances in medical care, vehicle and workplace safety and nutrition. The number of active, functional years that a person can enjoy has continued to rise too. Gone are the days where the word senior meant that the individual will just sit on a terrace doing nothing as the world continued on around them. Presently, it is more common for older individuals to spend their retirement years traveling, starting new hobbies, and taking advantage of the many amenities that retirement facilities can offer. Due to the increased requirement for retirement living facilities, there has been increasingly more new facilities that provide opportunities for seniors to live actively for as long as possible.

People who don't require medical care on site and those who could take care of themselves with little or no help are the kind of people normally invited in independent or active adult communities. Units in an active adult community are normally either homes or apartments and may or may not include outdoor spaces. Normally, there are amenities and common places which could be utilized by all residents of the community. Activities in the community could comprise things like walking groups, fitness classes, community dinners, book clubs, dance classes, golf and card nights, just to name a few.

When considering to move into an active retirement facility, there are numerous important things to think of to help determine if an active community is best for you. Amongst the first things individuals should consider is age since there is a minimum age in most retirement facilities, most commonly 55 years. Other factors comprise whether or not you can take care of yourself everyday, if you will enjoy being around many other individuals of your own age, if you will like to participate in community activities, and if you wish to and feel that you are able to take part in healthy activities like swimming, tennis, walking, and golf.

An active adult living facility may be best for you if you feel that you can still be involved and active in a community. This makes you a good candidate for an active living community.