

Chartwell keeps seniors, community on track at Leisure Complex



**By
Brock Weir**

Residents of area retirement communities under the Chartwell banner have made the walking track at the Aurora Family Leisure Complex a destination for keeping healthy and active.

It has been a long-running relationship, but one which was taken to the next level on Friday morning as Chartwell and the Town celebrated the re-dedication of the Chartwell Walking Track.

"This is another great example of how the Town of Aurora partners with outside organizations and especially with an aging population it is a great way for us to educate, promote and provide more opportunities for our seniors within our community," said Mayor Tom Mrakas.

"It is a great opportunity for us because this is a great opportunity to highlight the health and wellness of our seniors," adds Patti Smith, Retirement Living Consultant with Chartwell Park Place. "In the wintertime, we come here almost every Thursday. We come here once a week from Park Place on buses. Our residents enjoy the fact that they can get out, especially in the wintertime, because sometimes they are stuck inside a little bit more. They like to come out and do their walk, then we always go out for tea afterwards at the Maple Tea House. That is a big thing!"

"They feel part of the community, it gives them the chance to chat with other people, it gives them an idea of what else is going on in the community, and it is very important to have an opportunity to talk to your peers."

Now that they have

secured the naming rights to the track, Chartwell will soon begin to take an even more active role in the facility. On the docket are a series of community seminars they will facilitate touching on topics such as dealing with aging parents.

In June, they will host a fundraiser for a wish foundation similar to the Children's Wish Foundation, but focusing on the wishes of our senior population.

"We partner with Make a Wish and we make wishes throughout the community. Anybody can sponsor a senior for Make a Wish," says Ms. Smith, noting that wishes granted through the foundation so far include a trip overseas, reuniting a father and son, getting another resident who dreamed of flying in a Second World War fighter jet up into the air, and making one senior's wish of attending a Celine Dion concert come true.