



LIVE YOUR BEST LIFE

Seniors Active Living Centre

Welcome to Fairview's Seniors Active Living Centre, where you can pursue your passion or discover a new one.

Our vibrant community thrives on our exceptional range of services and amenities. Whether you're looking for recreation or fitness, social connection or entertainment, at Fairview's Seniors Active Living Centre there is something for everyone.

Designed to enrich and enhance the lives of adults aged 55+, the Centre offers recreational and therapeutic activities including Fairview's warm water therapy pool, fitness and recreation centre, arts and crafts programs, education sessions, special events, a large auditorium, technology programs and more.

Residents can also access supports from our many partners including the City of Cambridge, Cambridge Community Living, Alzheimer's Society, local physiotherapists and more, right on Campus.





FEEL ENERGIZED

Whether you're an avid swimmer or a shy beginner, Fairview has a pool program for you.

Cambridge's only warm water therapy pool is maintained at a comfortable 92 degrees year-round and is equipped with supportive railing, easy stair entry, accessible lift, showers and washrooms.

We know that swimming is great exercise. It has also been proven that pool programs can be beneficial for people who need to maintain mobility and flexibility, or to exercise after surgery. Our pool has a personal support worker available for those who need extra assistance. You don't need to know how to swim to participate.



KEEP ACTIVE

You may already have a fitness routine you enjoy or perhaps you've decided to start one.

Staying active is an essential key to living and aging well. We invite you to visit our Fitness Room where certified trainers, including a kinesiologist, are on-site to help you reach your personal goals. You will find all the equipment you would find at the gym – elliptical machines, free weights and treadmills – as well as the latest adaptive, cardio and strengthening equipment and fitness programs to support stroke and pre- and post-surgical needs.

A Full Access Membership gives you ten free sessions with a personal fitness coach who will create a program, track success and support you on your journey. If you enjoy group fitness, we offer gentle yoga, weights, strength and full body classes. An eight-week program, 'Get Fit for Active Living', offers low-impact aerobics, strengthening/balance/stretching exercises and explores the importance of healthy aging. SMART exercises, facilitated by Community Support Connections, are also offered three times a week.

Contact us for schedules and fees.



STAY HEALTHY

We want to help you live your best life.

Living well encompasses taking care of our whole selves – spiritually, emotionally and physically.

Fairview offers a broad spectrum of education and support geared to help older adults who live with chronic conditions, such as Arthritis, COPD, Diabetes, Fibromyalgia, Heart, and Osteoporosis. Health lectures and specific programs address management of Cardiac disease and pain, falls prevention, maintaining good mental health and nutrition, and more. If you have suffered from knee, hip or bone fractures, or a stroke, rehabilitation services are available.

Gathering with friends to enjoy a delicious meal is good for the body and the spirit. The lovely dining room at the Centre offers delicious and nutritious meals – lunch is served daily at noon and supper is served Monday to Thursday evenings at 5 p.m. And you won't want miss our special events, like the Customer Appreciation Supper, Family & Friends Supper, and the Supper Club. Contact us to make a reservation.



GET BUSY

There's so much to do here, you'll forget you're retired.

On the Fairview campus you will find a general store, café, library, hair salon, billiards, bowling alley and shuffleboard. If you like to socialize, join the book club, do some woodworking, play billiards or sing in the choir.

Fairview is pleased to offer transportation and special outings with our own fully accessible bus. The bus offers service to local shopping (groceries, mall, etc.) and special excursions such as tours of the Christmas lights and dining and social engagements. For those who prefer to get around independently, there is a city bus stop located at the Langs Drive entrance.

For craft enthusiasts, our busy craft room has it all. You might help raise funds by adding your creations to the various craft sales held throughout the year.

There are many ways to participate. Try gardening, music or pet therapy. Or perhaps you thrive on volunteering; there are plenty of opportunities – pool assistant, library and fitness room support, café staff, companionship and friendly visiting... to name a few. Training and staff support are available for all of our volunteers!



ENJOY LIFE

Fairview residents and adults 55+ from the surrounding community can choose from several membership options, from an annual all-inclusive to a 10-session pass. We know you'll find a plan that suits you.

An Annual All-Inclusive Membership includes:

- Unlimited use of the programs and services
- Orientation of the facility
- Reduced rate on meals
- Plenty of FREE parking

Membership options:

- Annual All-Inclusive Membership
(for Individuals or Couples – *best value*)
- 6-month Membership
- 10-session Punch Pass
- Monthly payment option
- Memberships are valid for one year from date of purchase



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