

Active ageing enhances quality of life

The World Health Organisation's recent publication *Getting Older Staying Well* indicates that active participation in various social and physical activities is vital to maintain bone strength, emotional health and cognitive function.

Keeping your body and mind active has long been established as being beneficial in preventing and delaying the onset of age-related illness.

There are many different activities that people can participate in on a regular basis to ensure their quality of life is of the highest level, including gentle exercises such as swimming, walking, golf and even bowling.

Companionship and friendship helps to prevent social isolation and is a great way to encourage participation in group activities that promote a healthy lifestyle. According to the World Health Organisation's *Active Ageing Report*, social isolation can lead to deterioration in mental and physical wellbeing.



Remaining social, whether by keeping in touch with friends and family, joining clubs or groups – even enjoying a conversation with your neighbours and people in your community – helps you stay healthy for longer.

Active ageing through a variety of physical, mental and social activities provides the best possible opportunity to ensure you get the most out of life.

Tips to maintain an active lifestyle

1. Cooking classes can be a great way to meet new people, keep your mind off things, learn a new life skill and improve your nutritional intake.

2. Gentle exercise is a fantastic way to improve or maintain your physical wellbeing and meet new people. Look into joining a seniors walking group, tennis club or gentle exercise group.

3. Taking up a hobby is another great way to keep busy and make friends.

4. Healthy eating is vital for maintaining high energy levels and good health. If your diet doesn't meet your nutritional needs, it may be time to make changes to avoid dietary related diseases like Type 2 Diabetes or Osteoporosis.

5. Try new things. Life doesn't stop as you get older. Don't be afraid to take action on what you want.



An invitation for the young at heart

Affordable resort living comes to Shepparton

Call Julie on 5831-1133 to find out more.

Lifestyle 
SHEPPARTON

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Five great locations

CRANBOURNE • WARRAGUL
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Call **1300 50 55 60** or visit
lifestylecommunities.com.au

Latest village news

Your guide to what's happening at Lifestyle Communities' villages around Victoria



Lifestyle Cranbourne

2 Cameron Street, Cranbourne East

Lifestyle Cranbourne opened its doors and welcomed the first resident to the village. Jeff Leslie, who hails from Ferntree Gully, recently moved into his brand new architect-designed home and is enjoying getting to know the live-in managers, Molly and Peter and his soon-to-be new neighbours.

"I feel really lucky. Everyone is incredibly friendly and many of the future residents are coming and going

so I have had a chance to meet lots of new people."

Lifestyle Cranbourne will feature a range of resort facilities including indoor swimming pool and spa, bowling green and tennis court. There's also a private Clubhouse with wonderful facilities including a billiard room, library, 22-seat theatre and well-equipped gymnasium, just to name a few.



For more information, contact the Lifestyle Cranbourne sales team on 5996-5535.

Lifestyle Warragul

134 Warragul-Lardner Road, Warragul

Entertainment is never in short supply at Lifestyle Warragul, with plenty of social activities on the calendar.

Lifestylers enjoy touring in the village bus on a regular basis. Trips include a visit to the Light Horse Museum at Nar Nar Goon, an outing to Wallaby Rise for a beautiful lunch and the walking group trekking to Sale for a walk around the township and lake.

For those who prefer to stay closer to home, the social committee organises a trivia afternoon regularly where Lifestylers are invited to make up teams of six and enjoy a fun afternoon in the Clubhouse. The Clubhouse continues to be the centre of village life with various groups, including lawn bowls, tennis, swimming, knitting, line dancing and social Monday, making full use of the fabulous facilities.

For more information, contact the Lifestyle Warragul sales team on 5623-3208.



Lifestyle Shepparton

65 Channel Road, Shepparton

Construction at Lifestyle Shepparton is starting soon. Sales have commenced and the beautiful northeast Victorian location is proving popular with buyers looking for a new lease on life.

The village is surrounded by nearby lakes, rivers and outstanding wineries and will feature the exceptional Clubhouse facilities in a stunning, landscaped community that Lifestyle Communities' villages are renowned for.

If you're interested in joining the team for an information session about Lifestyle Shepparton, please call Julie on 5831-1133.



Lifestyle Seasons

13 Sundial Boulevard, Tarneit

Residents living at Lifestyle Seasons in Tarneit, in the heart of Melbourne's growing Western hub, have a bevy of activities to look forward to in the coming months. Regular social and physical activities and events at Lifestyle Seasons include the walking group, water aerobics, lawn bowls competitions, bingo, movie nights and shopping trips.

Lifestylers can also look forward to the *Dinner Dance* at the Clubhouse, trivia night, and a meet and greet morning tea to welcome all the new Lifestylers. For those looking for added excitement, the social committee regularly organise a mystery bus tour for fun-filled adventures.

For more information, contact the sales team on 9748-6302.

Brookfield Village

111-139 Coburns Road, Brookfield

If you're young at heart, Lifestyle Brookfield is a great place to be. With an amazing sense of 'community spirit' and plenty of groups within the village offering a variety of activities including bowls club, acting, computer classes, billiards competitions and much more. The Brookfield Social Club organise regular events including entertainers, parties, special birthdays and even the ever-popular Karaoke nights.



For more information on resales at Brookfield village please contact the sales team on 9747-6909.

Living life to the full

According to a recent OECD survey, Australia ranks highly in international measures of well-being. We also rate exceptionally well in areas such as home ownership, community, health, safety and life satisfaction.

The OECD's *Your Better Life Index* highlights that people benefit personally when they feel part of a community, and enjoy regular social contact and quality relationships.

Many people are now shifting into another phase in their lives and are looking for a new place to call home. They recognise the value of belonging to a strong community that keeps them in contact with others. Of equal importance to them is a strong sense of safety – both physical and financial.

After a lifetime of work and raising a family, it's important to live life for yourself and this includes remaining physically, mentally and socially active in order to get the most out of life.



Lifestyle Communities provide the perfect opportunity for an active lifestyle with access to resort facilities at your doorstep.

"We believe that keeping fit and active helps you stay young which is why all our villages feature a host of leisure and exercise facilities to suit all fitness levels," says Dael Perlov, Director of Lifestyle Communities.

Building and maintaining strong relationships with family, friends and pets is important as we age. Ensuring you have a support network is vital and one of the best ways to build a network is through community activities.

"At the heart of all our villages is a clubhouse – the focal point for the

social life of the community where many new friendships have formed over bowling competitions, BBQs, happy hour and regular social events. Pets can also be a great source of comfort and companionship, which is why we ensure they are welcome at Lifestyle Communities, to help make your move as easy as possible," said Dael.

Living in a friendly community with exceptional facilities is a great way to enjoy life at your own pace whilst ensuring you remain at the top of your game, physically, mentally and socially. So, if it's making new friends or keeping up with old ones, travelling, playing sports, taking up a hobby or just taking it easy, at Lifestyle Communities it's up to you.

Bowled over



When Jim Moyle set out to play bowls one day last year, the thought of moving house could not have been further from his mind.

Jim and his wife, Lorraine, had lived in their Warragul home for forty-five years and had no particular reason to move. And yet, by the time he reached home that afternoon he had found a very good reason.

Jim played bowls at the Lifestyle Village in Warragul that day, and following afternoon tea, he was offered the opportunity to look through some of the homes.

"The thought of living in a lifestyle village had never entered my head,"

says Lorraine. "But, when I came and had a look for myself, my heart told me I had to move here. I fell in love with it straight away." They put their house on the market and moved into the village shortly after, bringing Molly, their Jack Russell along with them.

Now, twelve months on, Lorraine says they could not be happier. "I love it. All my neighbours are lovely and the village management is excellent, they are so helpful," says Lorraine.

She enjoys the indoor heated pool and other free facilities within the village. These include a gym, bowling green, a tennis court and more. The village has a spacious clubhouse where residents frequently meet for happy



hour, barbeques and morning tea to welcome newcomers. An endless list of activities includes day trips, line dancing, bingo and crafts.

Lorraine advises those thinking about a move to come and see for themselves. "It wasn't a hard decision for me because when I came to see it, I knew this is where we wanted to be," she says.

✂ *Exclusive offer*

FREE Fly Screens

up to the value of \$250

Cut out and present this coupon at any Lifestyle Communities village when you buy a new home. This exclusive offer is only available to the first 20 buyers who purchase a new home before 31 October 2011.
Conditions apply.

Homes for Resale



Brookfield Village

111-139 Coburns Road, Brookfield, Victoria 3338

Resale homes are now available at Brookfield Village.

These beautiful, pre-loved homes in great locations around the village are sure to be snapped up quickly with prices starting from \$232,500 for 2 and 2 bedroom plus study designs.

If you're young at heart, Lifestyle Brookfield is a great place to be. With an amazing sense of 'community spirit' and plenty of groups within the Village that offer a variety of activities.

For more information about available resales at Brookfield Village, please contact the sales team on 9747-6909.

Spotlight

Enjoy the outdoors from the alfresco dining area that makes the Jamieson a wonderful home in which to live and entertain your friends and family.

The Jamieson is a beautiful and spacious two bedroom plus study home that is both comfortable and stylish. Featuring an open-plan kitchen, large living and dining area, it's perfect for entertaining.

Standard features include reverse-cycle heating and air-conditioning, all floor and window coverings, light fittings and the wonderful alfresco area for those warm summer days.

The Jamieson starts from \$223,000, depending on the village location.

For more information on the Jamieson home design or one of the many other 1, 2 and 2 bedroom plus study designs, please contact your sales consultant:

Call 1300 50 55 60 or visit www.lifestylecommunities.com.au



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Information is correct at time of printing and subject to change without notice (including pricing). Prices will vary from village to village. E. & O.E.