

## CELEBRATE LIFE THROUGH A LIFETIME OF WELLNESS WITH *SILVERCARE*

Residents at **Summit Place Senior Campus** are invited and challenged to participate in a wide variety of healthy activities, which lead to an improved quality of life.

*SilverCare* is our comprehensive wellness program that encompasses physical, intellectual, social, spiritual, emotional and vocational wellness.

*SilverCare's* philosophy focuses on prevention and improvement, allowing our residents to live better, healthier, happier lives.

*SilverCare* provides residents and guests:

- Activities that are both socially and intellectually stimulating.
- Programs that offer a time of reflection and nurture the spirit.
- Physical fitness and rehabilitation services that focus on strength, flexibility and balance to support optimum independence.

“Keep your faith, keep moving and keep your sense of humor.”

*Kathryn - Summit Place Resident*

## ENJOY *SILVERCARE* - THE SUMMIT PLACE DIFFERENCE

Come to **Summit Place** and enjoy the "peak" of senior living. What sets our new retirement community apart? Our commitment to your health, fitness and lifelong well-being.

This commitment is evident through our *SilverCare* program, **The Summit Club**, our expansive health and wellness center, our specialized personal care programs and a generous offering of services and amenities that cater to your individual needs.

**Summit Place** supports your dignity and enjoyment of life, plus peace of mind through planning for your future needs.

### LIFESTYLE OPTIONS:

- Town Homes
- Senior Apartments
- Assisted Living
- Memory Care

## THE SUMMIT CLUB

Celebrate Life through a Lifetime of Wellness!



  
**SUMMIT**  
*place*  
**SENIOR CAMPUS**  
952-995-1022



ANOTHER SENIOR COMMUNITY OF EXCELLENCE  
MANAGED BY SILVERCREST PROPERTIES, LLC



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## THE SUMMIT CLUB - YOUR LIFE PARTNER FOR HEALTH AND WELLNESS

Did you know that regular exercise is probably the single most important thing you can do to slow down the aging process? The benefits of exercise for older adults is significant. Even moderate amounts of exercise can help you feel better and enjoy more things you want to do in life.

It's a proven fact that regular physical activity can help reduce your risk of falls, heart attack, stroke and high blood pressure. Exercise can even help you avoid diseases that many people mistakenly believe are age-related.

By regularly participating in an exercise program, you will have more energy, gain muscle tone, lose weight, have better posture and enjoy improved balance.



**The Summit Club** is your life partner for health and wellness through both land-based and aquatic fitness programs. Every detail is designed with your health, comfort and wellness in mind.

**The Summit Club** is the place to improve your lifestyle, feel better, have a new vitality and more energy. As a regular participant you will enjoy:

- Increased strength and flexibility
- Better circulation
- More comfort
- Maintained or improved bone density
- Improved balance
- More energy

## IMPROVE YOUR LIFE WITH STRENGTH TRAINING

**The Summit Club** features the highest quality fitness stations by TechnoGym™.

This state-of-the-art equipment is specially designed for people like you. All pieces are self-adjusting and easy to use - they even track your progress during your sessions. Our caring staff will develop an individualized program specifically designed to help you achieve your fitness goals.

## GET BACK INTO THE SWIM OF THINGS

For a change of pace, try **The Summit Club's** multipurpose warm water pool. You can swim laps and/or participate in our stimulating water aerobic classes to improve your muscle tone, strength and balance.

Exercising in buoyant, warm water eases the stress on joints and muscles, lowers or eliminates pain and allows for more comfortable movement.

**The Summit Club** also features the unique HydroWorx® 2000™ aquatic therapy pool for those with extra special needs.

