

## RETIREMENT LIVING

# The best of both worlds

SOMETIMES as we age, we may find it harder to stay in touch with friends and it can be easy to feel isolated and lonely.

Being part of an inclusive, welcoming community can help remove many of the barriers to building and maintaining lasting friendships and genuine sense of belonging.

Here are a few ways living in a retirement living community can help build great social connections:

## You know your neighbours

It's easier to stay in touch with people who live nearby. Every day there are opportunities for social interaction such as a chat by the letterbox, a cup of tea with your neighbour, or a wave as you take out the bin.

## You're surrounded by like-minded people

Retirement communities are designed to bring people at the same stage of life together.

Everyone is different, but when you're living among people of a similar age,



**HIGH TIMES:** Enjoy apartment living, like ACH Group's new Spence on Light offering, but keep in touch with neighbours and like-minded retirees through social groups and events in a retirement living community.

there's a good chance you'll find plenty in common.

## Common spaces create opportunities

Facilities that all residents can share, like a community

centre or outdoor entertaining area, are a central place where people can meet.

Plus, there's often groups and activities happening: gardening, exercise, card games, or happy hour get-to-

gethers.

ACH Group has retirement villages across the metropolitan area and the Fleurieu Peninsula, catering for individuals and couples with a wide range of care needs.

The mix of accommodation options provides a balance of private and communal living in home-like environments, maximising the involvement of family and friends, and maintaining the enjoyment of interests in the wider community.

"There might be a misperception that residents 'live in each other's pockets', but because retirement living is independent living, you can be involved as much or as little as you like," said ACH Group real estate services manager Nat Johncock.

"You'll never feel pressured to get involved, but the opportunities to connect are always there if you want.

"Whether you prefer to fill your days with neighbours or to spend them relaxing in the privacy of your home or pursuing interests outside the village, the choice is entirely yours. It really is the best of both worlds."

Residents at ACH Group's Elkanah Retirement Village in Morphett Vale have a sense of shared support. Neighbours provide each other with practical help and social connections.

There's the usual cuppas together and taking the bins out if needed, but reassuringly, residents also look out for their neighbours and check in on each other in an emergency.

More than 900 people call ACH Group Retirement Living units home, across Adelaide, the Fleurieu Peninsula and Melbourne. Two- and three-bedroom units are built in desirable, convenient locations and set amidst private, tranquil surroundings.

From several units nestled in a local suburb to larger village settings, ACH Group can offer a style of living to suit many preferences.

For something a little different, the group recently launched Spence on Light apartments, which offer affordable retirement living with a city buzz.

Stage One apartments are now selling from \$140,000, featuring modern contemporary designs with sweeping views across Light Square to the Adelaide Hills in the east or sunset views across St Vincent Gulf to the west.

Phone 1300-224-477, [achgroup.org.au](http://achgroup.org.au)

# AURA

## Retirement never felt this good

Hi, Malcolm Blight here, thinking of downsizing and moving into a retirement village? Then Aura by Livewell at Findon could be just what you have been looking for. Located at Rondo Avenue, Findon SA. We have 1, 2 and 3 Bedroom Apartments available, starting from \$310,000. Selling fast, so be quick to secure your new life in retirement.

## Retirement never felt this good

The apartments have been designed to be large, quiet, spacious and light filled with striking interior design features. Your spacious apartment seamlessly combines beauty and elegance with an abundance of style, comfort and practicality. One, two or three bedroom options with generous balconies and living area are available to choose from. With stone bench tops and European appliances throughout. Thoughtfully designed bathrooms and kitchens with quality floor coverings and distinctive fixtures are indicative of our attention to detail. As you would expect, each apartment has concealed underfloor heating in bedroom ensembles, reverse ducted air conditioning, energy efficient light fittings, 100% block out window treatments in bedrooms and quality window treatments in all areas of the apartment, video intercom, keyless entry and energy efficient glazing. In short, at Aura you are able to downsize without any compromise.



To find out more and register your interest visit: [aurabylivewell.com.au](http://aurabylivewell.com.au)

Sales Enquiries M: 0444 567 356 Or visit us at 6/23 Warner Av, Findon

Open Mon-Fri 9.00am - 4.00pm

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## Ashbrook Apartments wish to invite you

On Wednesday, January 20<sup>th</sup> at 11am,  
for Morning Tea & Village Tour.

*Great location. Great community. Great opportunity.*

*Secure Luxury Retirement Living, affordably yours . . .*

To register, please call **0477 870 071** or visit [ashbrookapartments.com.au](http://ashbrookapartments.com.au)

ASHBROOK APARTMENTS

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