



choices

A Program for Living Well

 Presbyterian Homes



Choose to live healthier and have more fun

Explore all your great choices for living life to the fullest at Presbyterian Homes.

Welcome to choices. It's our eclectic, multi-faceted program that offers you the opportunities you need to live life to the fullest. Your choices are entirely up to you. Be more active; get more exercise. Learn new skills. Enjoy new adventures. Unleash your creativity. Sharpen your mind. Discover deeper spirituality. Get more involved in the community. Make new friends. Have more fun.



Take a moment to learn more about the many great ways **choices** can help you become happier and healthier by living the life you choose. Have fun choosing!



An eclectic array of choices

Each person is unique. You have your own ideas, talents, backgrounds, interests and priorities. To make sure our program offers the right choices for everyone, we offer a wide range of possibilities. You can choose from a large and varied selection of activities within the seven wellness dimensions: social, physical, environmental, spiritual, emotional, intellectual and community. To give you an idea of the kinds of programs and activities available, we've listed a few in each area. Mix and match in any way you choose. That's part of the fun.



One of the nicest parts of living in our communities is the ongoing opportunity to make new friends and build new relationships. **choices** makes meeting and getting to know your neighbors easy and fun. You're invited to a variety of gatherings and events, many of which are planned and run by residents. All in all, there's a wide range of social interaction opportunities.

- **Men's, women's and couples' groups and events**
- **Holiday parties and themed events all year long**
- **Pre-meal gatherings**
- **Active social committee**

For some, being physically fit is a way of life. For others, it's a goal. **choices** empowers everyone who wants to become more active and more fit. We offer classes and programs that help you get more exercise and have fun while you're doing it. These include working out in our Fitness Center and joining in organized activities like regular walking, swimming, golfing and gardening.

- **Personal trainers and personalized exercise programs**
- **Leading-edge fitness facilities including lap pool**
- **Nutrition education to make eating healthier delicious**
- **Wellness checks and clinic services**





spiritual

Our communities are focused not only on physical and emotional wellness, but also on nurturing the spirit. Ongoing worship opportunities include clergy-celebrated services, as well as nondenominational programs. There are also activities with a spiritual dimension, like yoga, tai chi and meditation. Each community offers pastoral care provided by a full time chaplain who offers spiritual counseling and support.

- **Weekly religious services on campus**
- **Experienced chaplain for spiritual counseling**
- **Spiritually uplifting activities**
- **Faith-based programs including Bible study**

It's vital for older adults to stay physically fit, and just as important to stay emotionally healthy. **choices** support groups include specific programs for residents with special interests or needs. Emotional satisfaction is also promoted with programs that let you unleash your creativity, compassion, skills and style. Social services professionals are always available to help you through emotionally charged times and transitions.

- **Support of peers who understand your challenges**
- **Professional help from caring social services workers**
- **Theater, concerts, films and art shows on and off-campus**
- **Groups dedicated to specific interests**



emotional

As important as it is to have an active body, it's even more important to keep an active mind. **choices** gives you opportunities to try new experiences (kayaking anyone?) and take new adventures (ever ridden in a helicopter?) You can exercise your brain by doing something you've never done before. Learn a musical instrument. Take up chess or bridge. Or engage in many other mind-stimulating activities.



intellectual

- **Access to classes at nearby colleges and universities**
- **Lectures, Book Clubs and a well-appointed library**
- **Computer resource center**
- **Bridge, poker, Mah Jongg, chess and other groups**

Our communities and residents are committed to recycling and environmental responsibility. **choices** offers educational programs to help you become more environmentally aware and provides numerous opportunities to help you reduce your carbon footprint. You can also get your hands dirty doing organic gardening, even if you don't have the greenest of thumbs.

- Educational programs in environmental stewardship
- Greener processes to minimize use of natural resources
- Organic vegetable gardening in community plots
- Farmer's Market cart for community grown produce



You have many opportunities to become active in community life. Our volunteer programs help you get more involved by helping others. On campus, you can visit friends and neighbors in our health care center, read to the visually challenged, accompany residents to events and much more. Off campus, you can volunteer with organizations ranging from community service programs to charitable events.

- Wellness Fairs and other community events
- Offer your expertise to other residents
- Volunteer off-campus individually or with a group
- Become active in our Resident Council

Have fun choosing!

Residents in our communities have a lot of living to do. We've created **choices** to help you to get more *out* of life by getting more involved *in* life. There are choices to help you get more physically active. To help you stay mentally sharp and stimulated. To help you be more creative and more spontaneous. To help you develop new friendships and new interests. To help you live well and, above all, to have more fun.

Want more information on **choices**? Visit or call your Community Life Administrator, or call the marketing office at (847) 866-1641.

Live Life to the Fullest at Presbyterian Homes

Presbyterian Homes is a not-for-profit, faith-based organization with a national reputation for creating extraordinary retirement communities. Presbyterian Homes serves older adults through its residential and healthcare programs on campuses in Evanston, Lake Forest and Arlington Heights for more than 100 years.

Our Chicago area retirement communities are built on an unending commitment to quality of life and exceeding expectations. Our communities are accredited by CARE, the nation's only accrediting body for retirement communities.

Everything we do is about the residents. Breathtaking campuses filled with beautiful gardens, splashing fountains, winding walking paths. Fitness centers with state-of-the-art strength-training equipment and swimming pools. Lively, thought-provoking discussions and lectures. Dynamic activities and events for every interest. Complete, on-campus, full-service health care centers.

 **Presbyterian Homes**

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www.presbyterianhomes.org

