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Whitby's Newest Retirement Lifestyle Show is Coming to Lakeridge Heights

Explore personalized senior living services at the one-day event.

WHITBY, ON – Lakeridge Heights Retirement Residence today announced the launch of its Retirement Lifestyle Show, which will take place on March 2nd.

With the proportion of seniors over 85 expected to triple over the next 20 years, they are the fastest and largest growing demographic in Canada. Designed to meet the needs of this growing demographic the event is host to wellness seminars presented by the Alzheimer's Society, Diabetes Canada, Organizing Lives, and many more. Local providers will be set up to provide free heath screenings and other valuable resources.

"The show highlights the ways in which seniors can age well," said Warren Van Vorst, Executive Director at Lakeridge Heights. "We also want to show seniors and their families the investment we've made to ensure we offer services and programming that meet their needs. It's all about supporting people so that they can live their best life."

The immersive experience invites seniors and their families to tour the residence's theatre, pool, and fitness facilities. For those looking for some fun, join the residence's therapeutic recreation team for some games in the Bistro. Afterwards, step into the dining room to meet the Executive Chef, nibble on house-made appetizers and sip on the residence's house wine – all while enjoying live entertainment.

Exhibitors are set to include assisted living information, memory care, home health services, fitness classes, tips for leisure, downsizing services, and legal services.

The show will also have door prizes. Be sure to come out to the Retirement Lifestyle Show on **Thursday, March 2 from 10 a.m. to 3 p.m.** and take advantage of all that it has to offer.

For more information**,** contact Denise 437-373-5594 or Rob 437-867-5551.

Location: Lakeridge Heights Retirement Residence, 4050 Garrard Rd, Whitby, ON L1R 0R8

About All Seniors Care Living Centres Ltd.:

All Seniors Care, where caring is our number one concern, is setting the standard of excellence in luxury retirement living. Founded on an unwavering commitment to exceptional care, All Seniors Care is dedicated to creating and operating the best senior's facilities by providing the highest level of care to seniors. For more information, please visit our website at www.allseniorscare.com.

Facility Contact Information

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