

Active aging wellness retirement relieves heavy load on Manitoba’s medical services

We at Prairie Pride Retiring Wellness Centres are motivated to keep seniors active, mentally and physical for life long health with features built in to make senior retirement enjoyable with a long life happiness under the careful watch of a resident nurse. Social activities that are volunteered not demanded, eases the mind, encourages better activities to stay healthy, along with a suggested healthy diet to stay physically fit to continue life long wellness.

The Municipality of Riding Mountain West and G & G Western Development are working together to bring a much needed senior housing, with better conditions for country living. This would meet the demand for quality retirement offer accommodation, to meet the same type of accommodations offered in the city at half the price.

The peaceful hamlet of Inglis, Manitoba in the Riding Mountain West Municipality offers peaceful clean country fresh air. Situated just above the beautiful scenic hills of Asessippi, 20 minute drive to Manitoba's largest ski hill, with many recreations while watching the skiers. In the summer it is just a 15 minute drive to some of



Artist’s conception of the planned development.

IMAGE SUPPLIED

the best fresh berry picking.

The municipal officials of Riding Mountain West are attempting to meet the importance for an active senior quality retirement so badly needed in the country,

Seniors can relax and enjoy their golden years and all that the beautiful country offers, together with Prairie Pride Services added care for active living, bringing forth comfort inspiration to help improve health and fitness for better health, through social therapeutic routine, proper nutrition, active adventures, that are enjoyable, makes for good mental fitness. Nursing homes and hos-

pitals should never be a seniors’ last stop, after years of labour, sacrificing all enjoyment. Prairie Pride has made extreme efforts to show the respect and dignity that seniors require.

Prairie Pride, being a not for profit Senior Housing, has been able to keep rents affordable even during this time of high inflation. Seniors can have comfortable accommodations with many extra services they can enjoy and continue being active, but not necessarily with hard work and daily demands. Each day of retirement should amount to a holiday active enjoyment.

Seniors, while still active, should not be put

in a condition where they cannot do anything more than fend for themselves. Most seniors would prefer to extend their life so that they can enjoy the golden years and not be a burden to their family members and most of all waiting in our overloaded medical system.

Prairie Pride provides daily fitness through social entertainment with normal social therapeutic fun time enjoyed like a holiday. An on-site registered nurse and a fully equipped examining room will help keep everyone healthy and fit to enjoy life.

Prairie Pride offers built in social amenities to be able to choose your daily preference of stay-

ing fit. You may also go fishing or go for a walk in the clean country fresh air, knowing that it is safe day or night. The only feeling of danger would be from a mosquito or some other natural species. Comfort, enjoyment, health and fitness is the composition that comply at a modern Prairie Pride Senior Wellness Centres at an affordable price.

Prairie Pride offers two bedroom, two bathroom with comfortable living area, five appliances, all utilities including TV connection. Once a week house keeping, meals in a licensed dining room, afternoon tea and muffin, Sunday brunch and dinner are included.

Amenities built in for your daily activities to choose include a games room, exercise room, multi purpose room, craft and men's workshop, greenhouse tea room for preparing plants, library with two internet connections, a private chapel for private devotions, heated parking.

The only extra costs are personal insurance, phone and internet.

You choose your daily enjoyment with a friend or alone. If needed the nurse is on hand to help you choose your daily routine. We do the rest to make your retirement a remembering enjoyment with peace of mind to stay healthy. Shopping and hospitals are 20 minutes away, or an hour and a half to Brandon or Yorkton. We offer drivers if you wish. Living in a Prairie Pride Senior Wellness Centre with clean country fresh air will make your retirement years “Golden”, less trips to doctors or hospitals.

Escape the city rush. Enjoy retirement in a safe clean environment, with added care for peace of mind, surrounded by friendly country neighbours, especially the care giving staff at Prairie Pride Wellness Retirement Centre offering services for health and longevity.

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