

## Belleville Retirement Residences

Belleville Retirement Residences - The average lifespan of human beings have increased over the years because of the advances in medical care, workplace and vehicle safety and nutrition. The number of active, functional years which a person could enjoy has continued to rise too. Gone are the days where the word senior meant that the person will sit on a porch doing nothing as the world continued on around them. At present, it is more common for older individuals to spend their retirement years traveling, taking on new hobbies, and taking advantage of the numerous services that retirement facilities may offer. Due to the increased requirement for retirement living facilities, there has been increasingly more new facilities which provide opportunities for seniors to live actively for as many years as they could.

Active adult or independent communities typically invite those people who can take care of themselves with no or little help and people who do not need medical care on-site. Active adult community units are often either apartments or homes and may or may not include outdoor areas. Usually, there are common areas and amenities that can be utilized by all community residents. Community activities can include things such as card nights, dance classes, golf, fitness classes, walking groups, community dinners and book clubs, just to name some.

To know if the active community is right for you, you must first think about several things before moving into an active retirement facility. Amongst the first factors to think about is age because there is a minimum age in most retirement facilities, most commonly 55 years. Different other factors consist of whether or not you could take care of yourself everyday, if you will enjoy being around a lot of other people of your own age, if you would like to participate in community activities, and if you feel that you are able to and want to participate in healthy activities such as tennis, swimming, golf and walking.

An active adult living facility might be best for you if you feel that you can still be involved and active in a community. This makes you a good candidate for an active living community.