

I'm coming up to my 1 year Anniversary here at Pine Village. I can't remember a day in which I've regretted moving here.

Before I came here I was extremely lonely. My husband had just passed & then I had to put my dog down when she got very sick. Since moving here I've made many new friends. There are a lot of activities which urge you to come out & enjoy the fun & be with friends.

We all have a housekeeper to clean our apartments which allows us to have time to work on crafts which may be of interest to you or to just sit back & watch TV, listen to music or read a good book you may have found at our library.

I took a fall one day & couldn't get back up on my feet. All I had to do was push the button hanging on my neck provided by Pine Village when I moved in & a nurse was shortly at my side helping me stand up. She got my walker & had me walk around a bit to be sure I was OK before she left. This incident cemented my feelings of safety & security. It is such a good feeling knowing there is always someone there to help me.

I've always enjoyed the healthy meals served here. Unfortunately, almost everyone here has one complaint, me included, we notice a weight gain. Usually it requires skipping desserts & perhaps a increase in exercise.

This brings me to another area which I have found to enjoy strangely enough. Pine Village has a fitness center. Each morning I wander down & get in 30 minutes or so on a stationary bike. There is always a staff member present to record your stats for the day & to assist anyone who may be in need of help or advice.

All in all I would say Pine Village has been the ideal choice for me & hope it will be a good choice for you as well.

Barbara Dickson