

# Ageless Fitness:

## BE THE BEST YOU'VE EVER BEEN

### ROSE'S STORY

Rose Crociata, 78, a retired teacher and Applewood Estates resident, decided what her retired life would be like years ago while visiting a fellow teacher at Applewood Estates. Rose was so impressed with the facility that she and her sister, who shared a home together in Freehold, planned to move to Applewood Estates someday.

When her sister passed away in 2007, Rose's interest in the independent-living community with the lifecare advantage was renewed. Rose found her house to be too large to care for on her own, and she did not want to burden other family members.

In September 2008, Rose found her ideal home in the new south wing at Applewood Estates.

"It's been a wonderful experience," says Rose. "I have all the comforts of home plus the luxury of the many amenities of the commons."

### ACTIVE PARTICIPANT

Exercise is part of Rose's daily routine to build strength and refresh her spirit. A big fan of water-based exercises, Rose has been taking advantage of the junior Olympic pool at Applewood Estate's fitness center three times a week since she arrived.

When memberships to CentraState's Fitness and Wellness Center located at the Star and Barry Tobias Ambulatory Campus were extended to Applewood Estates residents

in February, Rose jumped at the chance to add more classes to her regimen.

"I fell in love with Feldenkrais (a body movement system)—its gentle moves

and 'lengthening' really opens things up," says Rose. "I also appreciate that the trainers are so accessible, helpful, and patient. They take into consideration my goals and physical condition and tailor each exercise to suit me."

### ANOTHER RESIDENT MAXIMIZES FITNESS

Edna Borea, 80, Applewood Estates resident, has always taken care of herself. A clinical researcher in neurology at Columbia University for 19 years and an officer of Columbia's medical college until 1990, Edna was able to support her parents and travel extensively.

Edna first faced the concerns of aging when her sister was in declining health, and Edna began to worry about what would happen if she needed assistance. Planning ahead, the sisters chose Applewood Estates for the unique combination of independent living and peace of mind. They moved into Applewood Estates in December 2007 and enjoyed a few months together as residents, but Edna's sister passed away in March 2008.

### SEIZE THE DAY

On her own, but not alone, Edna has the staff and resident amenities of



*"Under the umbrella of CentraState Healthcare System, we have been able to collaborate with the CentraState Fitness and Wellness Center to provide a variety of exercise and class options for our active seniors at Applewood Estates. There is not another community of this size in New Jersey that can offer services with this broad of a scope and the professional staff to help members achieve their fitness goals safely."*

—Sheri Van Orden, director, Sales and Marketing, Applewood Estates

▲ Rose Crociata helps keep her body and spirit fit by exercising at CentraState's Fitness and Wellness Center.

# SENIORS FIRST CALENDAR OF EVENTS

MAY & JUNE 2009

*Call (732) 780-3013 for reservations for all programs.*

## **STROKE SUPPORT GROUP**

Jackson

*Mondays, May 11 & June 8, 2 p.m.*

## **SENIORSFIRST MEMBERSHIP LUNCHEON—"MERRY MONTH OF MAY"**

**Applewood Estates Performing  
Arts Center**

Come enjoy a luncheon complete with free raffle prizes and entertainment.

**\$9. Friday, May 1, 11:30 a.m.**

## **PARKINSON SUPPORT GROUP**

**Manalapan Senior Center**  
211 Route 522, Manalapan

*Tuesdays, May 19 & June 16, 11:30 a.m.*

## **SENIORSFIRST MEMBERSHIP LUNCHEON—"LOVE IS IN THE AIR"**

**Applewood Estates Performing  
Arts Center**

Come enjoy a luncheon complete with free raffle prizes and entertainment.

**\$9. Thursday, June 11, 11:30 a.m.–12:30 p.m.**

## **DINING OUT PROGRAM AND SENIOR GAMES**

**Star and Barry Tobias Ambulatory  
Campus Conference Center**

Join us for good food and fun with other seniors.

Breakfast: bagels, Danishes, hot beverages.

Lunch: wraps, sandwiches, pasta, assorted beverages. **\$7.**

*Thursday, June 18, 9:30 a.m.–1 p.m.*

## **Join the Fun at the Applewood Fair**

Applewood Estates, 1 Applewood Drive,  
Freehold

Saturday, May 16, 11 a.m.–4 p.m.  
(rain date: May 17)

Rides, games, raffles, craft  
sale, huge yard sale,  
and more!



Applewood Estates at her disposal. Suffering an illness in September 2008, Edna was grateful to have the care and interest of staff who helped her recover quickly.

Taking stock of her health at the beginning of 2009, Edna realized "someday" had arrived and it was time to exercise to energize and feel better—Edna's arthritic left ankle no longer bends properly, and she has problems with her left knee. The enthusiasm and confidence of the staff at CentraState Fitness and Wellness Center convinced her that she could improve her health regardless of limitations she perceived.

"I was excited about the individual plan to help me put my cane and walker aside," says Edna. "Starting with exercises in the pool, I have strengthened the muscles in my legs and improved my mobility."

## **SENIOR MOMENTUM**

Membership at the CentraState Fitness and Wellness Center has not diminished the exercise programs at Applewood Estates, but instead has given residents more options to improve their fitness. Applewood Estates provides transportation daily for residents to attend classes and use state-of-the-art equipment at the 40,000-square-foot facility located nearby at CentraState Medical Center.

"We have always offered specialty classes throughout the day that seniors may enjoy, including Pilates, Feldenkrais, yoga, T'ai Chi, aqua aerobics, Zumba in the water, arthritis foundation exercise and aquatic programs, and ballroom and country line dancing," says Ellen Stein, manager, CentraState Fitness and Wellness Center. "As a medically based fitness center, we are able to provide education, nutrition, instruction, and motivation to help community members meet their specific fitness goals, regardless of age."

▲ With a goal to put her walker aside, Edna Borea strengthens her legs with water exercises in the pool at CentraState's Fitness and Wellness Center.

## **PARTNERS IN WELLNESS**

The 6,000 members of the CentraState Fitness and Wellness Center have their choice of two pools: a junior Olympic pool that is ideal for lap swimming and the 90-degree therapeutic pool that is great for soothing sore muscles and joints.

With more than 180 classes each week in either the studio or the pool, members have their choice of fitness options. Nutritional counseling and meetings with a personal trainer and nurse every three months help members keep track of their progress and ensure they are reaching their fitness goals safely.

"All seniors should take advantage of the health opportunity afforded by the CentraState Fitness and Wellness Center," says Edna. "Don't be defeated. Be optimistic. The staff shows us what to do and supervises us so we won't injure ourselves, but we are the ones that must decide to get out of the chair and get going."

**For more information about Applewood Estates, call (732) 303-7416 or visit [www.applewoodestates.com](http://www.applewoodestates.com).** HD

**For more information about the CentraState Fitness and Wellness Center, call (732) 845-9400 or visit [www.centrastatefitness.com](http://www.centrastatefitness.com).** HD