

PARKS FOR SENIOR LIFESTYLES



As people age, physical changes take place including loss of skin elasticity, wrinkles and muscle weakness...but we can improve and tone many of the major muscle groups through exercise and general activity.

With better medicines and longer life expectancies it is important to understand the substantial benefits of regular exercise to our quality of life during our golden years.

RDA/RSLA Landscape Architects is currently working on a number of community design projects that include outdoor fitness and activity areas for middle-aged and senior residents. One project, “Vistamor”, is a new age 55+ community located in Montgomery, New York. The site is nestled into the foot hills of upstate New York, and designed to take advantage of the spectacular views and vistas of the Catskill mountain landscape. Vistamor provides comfortable homes while focusing on the wellbeing of its residents.

Over half of the 180-acre site is comprised of wetlands, meadows and marshes and provides spectacular opportunities for walking and bike riding paths. Boardwalks and stone dust walkways traverse the landscape to invigorate, but not overwhelm the user. The paths radiate off to nodes of activity or quiet areas of contemplation that afford areas to inspire the mind as well as the body.

The Vistamor community center gardens are designed with many outdoor activities and sports including swimming and diving, tennis, horseshoes, shuffleboard, bocce, and water aerobics. An outdoor adult exercise space with 8 built-in work-out stations is used for circuit training to allow cardiovascular and strength training while enjoying the mountain air and scenery. The site also boasts a hillside amphitheater that will host regular events and stage performances. There is also an adjacent pavilion for dancing and parties to encourage more social participation among the residents. Overall, Vistamor will offer residents an enhanced quality of life through activity and social interaction.



Contact **RDA/RSLA Landscape Architects** at our NY office at (631) 979-5600, at our VA office at (757) 410-2596 or visit our website at www.retnauer-design.com to learn more about this and similar projects as well as our comprehensive site planning and design services.