

# Luther Riverside Terrace: Redefining Active Retirement Living

**K**ate Germin is a retired nurse who has been a resident of Luther Riverside Terrace for almost a year. For Kate, moving to Riverside Terrace has provided her with the opportunity to continue her active retirement lifestyle in a supportive environment with a thriving community. At only 68 years old, Kate is a wonderful example of why moving to a retirement community sooner, can have a positive impact on seniors' lives.

"To tell you the truth, I wasn't really considering a retirement living community at my age; however, I was living on my own and I'm a very social person. I have a few friends who were already living here, and they invited me over for a meal. I moved in a month later." Says Kate. Kate continues, "What also helped me decide to make the move, was that I wanted to be a part of a community of people who had similar interests as me. When I moved in, everyone was so welcoming and really made me feel at home. We take care of each other here."

One of the many reasons Kate loves living at Luther Riverside Terrace is the location. "I am an avid canoer and I love to ride my bike. When I learned I would be able to store my three canoes and bikes in my complimentary storage locker, I was thrilled. There are so many beautiful trails to bike on, and I can easily get my canoe into the water, as the riverbank is right on my doorstep. This is riverside living at its finest!" Says Kate.

The neighbourhood surrounding Luther Riverside Terrace is steps away from the South Saskatchewan River and offers beautiful walking paths. It's also close to downtown Saskatoon, grocery stores, and pharmacies, making it an ideal location.



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*Kate Germin, retired nurse,  
resident of Luther Riverside Terrace*

Since moving to Luther Riverside Terrace, Kate enjoys a range of amenities offered. Her favourite being the activities. "Moving here has allowed me to be active in the way that I choose. I could be active mowing the lawn or cooking and cleaning, but I would rather be active riding my bike or cross-country skiing. At this point in my life, I've worked hard. I want to enjoy my life doing what I choose. I came here to continue pursuing activities I like, without the strain of living in a home that requires a lot of work. Now I just get to do the fun stuff!" Says Kate. She continues, "When it comes to seniors 'staying active' many perceive this as being able to complete household chores or cooking. I want to end this notion that keeping seniors in their homes longer is

what keeps them active. I'm happy that I'm here now, so that I can enjoy everything that Luther Riverside Terrace has to offer while I am still young and healthy."

Besides the range of activities and amenities, Kate enjoys the many team members she has gotten to know since moving in. "Everyone here is wonderful. The team members in the dining room know you by name and make an effort to learn what you like. The team members who clean the suites are also fantastic. I love that I am able to focus on doing what I want. Everyone is very supportive here." Says Kate.

When asked if she had any advice for anyone planning to make the move to a retirement community, Kate had this to say, "I would tell people don't be afraid to make the move! Come while you're able to enjoy the activities and the community."