

# THE GATESWORTH

Wellness is our way of life

One McKnight Place • St. Louis • 314.993.0111 • [www.TheGatesworth.com](http://www.TheGatesworth.com)



Living an active life at any age is key to overall well-being. At **The Gatesworth**, an independent senior living community in St. Louis, many residents recognize that wellness is a vital aspect of everyday living — they are more active than ever before.

“It’s relatively easy to stay active at The Gatesworth. There’s always something going on here,” says Carrie Montrey, executive director. “The people who live here are engaged and involved. We’re happy to offer classes and events that help them enjoy life.”

Studies show that regular physical, social and intellectual activity helps people stay healthier and feel younger while they age. That truth has empowered countless older adults to remain relevant and vital. The benefits of exercise for the physical and emotional health of older adults cannot be overstated. Better mood, better immune system, better balance — and, of course, stronger bones and muscles — are just a few advantages of staying physically active.

Knowing all this, it’s not surprising that residents of senior living communities like The Gatesworth are more likely than their stay-at-home counterparts to be happy with their daily lives, spend more time connecting and engaging with people, spend less time watching television and say that their health is better today than it was two years ago, according to Montrey. “We want our community to inspire a vibrant, active lifestyle,” says Montrey. “If you walk our grounds and buildings, that’s exactly what you’ll see.”

In addition to their activities in the greater community, residents of The Gatesworth choose to walk garden paths or tend flowers

in the greenhouse. They practice golf on the putting green, play billiards, paint a landscape, roll out a yoga mat or hit the weight room — all within a short walk from their doorstep. Amenities include a heated, indoor saltwater pool and an onsite spa. Fitness classes and water exercises are led by instructors. Personal trainers can also create individual fitness plans. Residents may choose from three onsite restaurants to meet their casual and fine-dining needs for delicious and healthy meals.

A lecture-and-discussion series features renowned experts from a wide range of fields, including history, politics, science, journalism, literature, foreign language and the arts. Attendees can prepare to expand their minds as they grow in knowledge and gain an enhanced appreciation of topics relevant to them. For music lovers, members of the St. Louis Symphony Orchestra and other musical organizations regularly perform at The Gatesworth.

Residents can engage in as much or as little as they want. The choice is always theirs. “It’s all about choice and the exceptional service and experiences we’re known for,” Montrey says.

As a community designed to offer older adults exceptional living, The Gatesworth ensures that physical and intellectual programs and events are woven into the fabric of daily life. To learn more or schedule a tour, please call (314) 993-0111 or visit [TheGatesworth.com](http://TheGatesworth.com). Our leasing counselors are happy to answer any questions you may have about The Gatesworth.