



## An Active & Independent Lifestyle

The SUNDAY CIRCLE recently took a tour of the Prince of Wales Apartments and met their team of professional staff, along with some of its independent and inspirational residents.

### Prince of Wales Apartments – Overview

Sometimes, when we think of ageing, we think of living a life of dependence, solitude and restrictions. But Prince of Wales Apartments – independent living apartments for active adults – are proof that this certainly need not be the case, and retirement can be just as exciting as the good old days.

Prince of Wales Apartments consists of 58 fully-furnished apartments finished to high standards, spread over six floors served with lifts. Each residence is comprised of an entrance hallway, a fully-equipped modern kitchen, a bedroom for one or two people, a bathroom, and a spacious lounge and dining area to welcome and entertain guests.

The complex also offers its residents the added luxuries of a spacious underground parking area, a garden courtyard, a sun terrace, and the LiveLife wellness centre, as well as being in the heart of Sliema, within easy walking distance of all amenities.



### Gillian Mahoney – Prince of Wales Apartments Facility Manager

Gillian Mahoney explains that the Prince of Wales Apartments were established to meet a niche in Malta which had previously not been met, the demand for a residence which satisfied the desire for active adults to lead independent lives.

“We not only provide our residents with the luxury, freedom and convenience of their own fully-furnished apartment in a central area,” Gillian explains.

“But we also provide them with a fitness centre which they can use to sustain their active lifestyle,”

Safety and security is not an issue at Prince of Wales Apartments, which provides 24 hour monitoring for its residents, giving them the peace of mind that both they and their residences are in safe hands.

“Our complex also allows them the freedom to live their own lives as they feel comfortable doing so” Gillian says.

### Mary Pugh – Prince of Wales Apartments Resident

Mrs Pugh lived in London for 52 years, through the struggles of war-torn times – factors which made her a self-confessed fighter and the backbone of her family, and which also provided her with the independent approach to life which brought her to Prince of Wales Apartments.

“From the moment I heard about Prince of Wales Apartments, I was instantly attracted,” Ms Pugh explains.

“We did not like the idea of nursing homes, because my husband and I do not like being dictated what time we have to wake up and eat. As long as I am on my own two feet, I want to be able to do everything for myself,” she says with her unmistakably positive attitude.

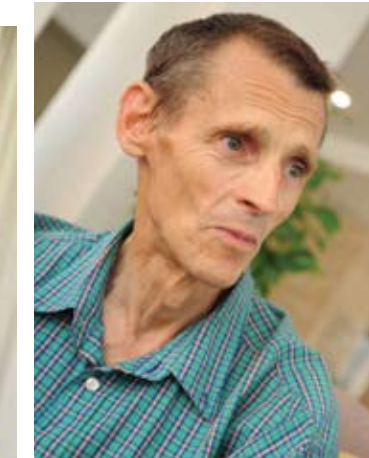
“Our apartment at Prince of Wales Apartments is absolutely marvellous – it is what I always dreamt of. There is plenty of room, the kitchen is ideal for my passion for cooking, it is clean, safe, secure, and allows me to live independently. We have everything here.”



Gillian Mahoney



Mary Pugh



Ronald Johnston



Patricia Owen

### Ronald Johnston – Prince of Wales Apartments Resident

Ronald Johnston personifies the lifestyle which the Prince of Wales Apartments promotes amongst its current and future residents.

An avid sport enthusiast throughout his adventurous life, Mr Johnston was a regular participant in his native Scotland’s Highland Games, as well as a marathon runner, he also religiously visits the gym on a daily basis.

All these factors contribute to Mr Johnston’s positive attitude towards life. “At the Prince of Wales Apartments, I can live totally independently,” Mr Johnston explains enthusiastically.

“I cook and clean on my own, and I am even able to go for a swim every morning. Still, I know that should I ever need help, I can call for it anytime and I wouldn’t be left in the lurch.

“Living here at the Prince of Wales Apartments, I am under absolutely no pressure. I can mix with others if I want to, and at the same time I can live under my own routine and do my own thing, and that is fantastic,” he says with his trademark smile.



### Patricia Owen – Prince of Wales Apartments Resident

Ms Owen has led a colourful life over the years, which has seen her singing choruses in an opera company in her native England, to working at the British Consulate-General’s office in Milan.

“I love the idea of independent living,” she says with a broad smile, “so living here gives me my freedom, and has given me peace of mind.”

But Ms Owen still admits to relishing the comforts which come with living in such a well-maintained complex as the Prince of Wales Apartments.

“Although I am very independent, I do enjoy the fact that Prince of Wales Apartments has taken away all the responsibilities of living alone, such as maintenance. That’s definitely a relief,” she grins.

Ms Owen also enjoys the fact that living at the Prince of Wales Apartments has allowed her the opportunity to meet and socialise with new people, something which comes naturally to her thanks to her friendly personality.

“We’re all bosom buddies here,” she laughs. “In fact, living here has provided me with every comfort I could ask for, a friendly atmosphere, and collaborative management. I have everything I want here,” she smiles.



### Melanie Ng – LiveLife Wellness Centre Physiotherapist

Physiotherapist at the Prince of Wales Apartments’ LiveLife wellness centre, Melanie Ng, explains that her classes offer residents specialised, individual treatment. Non-residents can also use the facilities.

“At LiveLife, we promote active living for people of all ages,” she says.

“Our facilities and classes maintain good health and balance”

Melanie conducts her classes both in the centre’s specifically-designed heated swimming pool, as well as in its gym.

“Exercising in the water means that people can exercise in a pain-free environment, which is especially good for arthritis sufferers,” she explains.

“We also provide ongoing physiotherapy.” Melanie also conducts cardiovascular circuit classes, Pilates classes, and will shortly be introducing Tai Chi classes.

“We also provide full individual assessments to ensure all exercises that are performed by those attending our sessions are safe for them, and they have the option of either attending individual and specialised appointments, or group appointments of no more than five people each, ensuring individual attention at all times,” Melanie says.

Prince of Wales Apartments clearly not only provides active adults with the independent lifestyle they value, but also with the facilities they need to maintain and sustain that lifestyle for longer.



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