

How to enjoy your time in retirement

The Alba's wide range of services and facilities frees its residents from mundane everyday chores.

Time is the most precious commodity we have, which means how we spend it really matters. This is especially true as we grow older and become increasingly aware that it is ultimately finite.

So the question then is how do we want to spend our days? Cooking, cleaning and burdened with tedious thankless chores that leave us drained? Or are we wanting to treat every day as the gift that it is and live it to the fullest, however we see fit?

For seniors of any age, but predominantly intended for active individuals in their 80s and 90s, The Alba is providing a new way of living which enables more living and fewer chores with its "easy living" apartments.

"It's not retirement living but it's also not residential aged care, it's something in between," explains sales director Rob Macpherson, who adds that the best comparison to draw is with serviced apartments.

"How nice is it to have someone pop in and make your bed every morning?" he says of one of the ways in which residents can choose to be freed from everyday chores so they can spend more time doing what they love, with the people they love.

Cleaning, laundry and ironing can all be taken care of, while life in a luxurious high-rise apartment setting, designed specifically to meet the needs of its residents, means maintenance is also off the to-do list.



'Everything is at their fingertips and there's no stress of dealing with multiple different bills, as it's all rolled into the one neat package.'

Rob Macpherson

The rooftop restaurant at The Alba is managed by Curtis Stone Events.

Macpherson notes that as people age, home maintenance can not only feel like a burden, for those living on their own it can be potentially dangerous if they take a fall when gardening or trying to clear gutters.

"All of that is taken care of at The Alba," he says. "Maintenance staff can move a piece of furniture or change a light globe; it can be done for you."

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To further explain the types of packages available and the lifestyle on offer, The Alba is hosting an event at 2pm on Wednesday, February 21. "People can also have a look at

the apartments and shared spaces and enjoy afternoon tea catered by Curtis Stone Events," Macpherson says.

Curtis Stone Events manages the rooftop restaurant at The Alba. Given the building is located opposite Albert Park Lake, that means there are chef-prepared meals with a side-serve of spectacular views exclusively for residents and their loved ones.

"Residents have the option of three, five, seven or 14 meals per week cooked for them, which can be eaten in the elegant Level 15 Restaurant," Macpherson says. "There's also the option of purchasing breakfast boxes for your room" – another way in which The Alba frees residents to enjoy time in their own way.

Shared amenities include the restaurant, lounge and bar, library, arts-and-crafts and terrace, all on the rooftop. There's also a cinema, a lounge, a multifaith space and a wellbeing studio, which encompasses hair and beauty salon, gym, consulting suites and another terrace, as well as the Healthy Ageing Studio for wellbeing masterclasses.

"Australian Unity is all about 'real wellbeing', which is really about doing what makes you happy," Macpherson says. "With fewer chores to do at The Alba, residents really can do more living."

People considering retirement community living should seek professional, independent financial and legal advice.



Live, laugh, love the lifestyle

THE ALBA

ALBERT PARK LAKE

If you've always lived life on your own terms, why stop now? At Albert Park Lake, we've designed an easy living community for older people, The Alba Apartments, where you can make your own choices every day. Don't feel like cooking anymore? We'll do it for you. Want to spend more time with your grandkids? Take all the time you like, while we take care of the cleaning and washing. With our flexible in-house services, we support you to live more freely and more joyfully. Join us at our event to discover why we call it easy living!

More Living, Less Chores

Wednesday 21 February, 2pm

The Alba 114 Albert Road, South Melbourne

RSVP by 14 February at hello@thealba.com.au or call 1300 794 970

Australian Unity
Real Wellbeing

The Alba Apartments are owned and operated by Australian Unity Nominees Pty Ltd and managed by Australian Unity Retirement Living Management Pty Ltd. The Alba Care Suites are owned by Australian Unity Nominees Pty Ltd and operated by Australian Unity Care Services Pty Ltd.