

Senior *LIVING*

# Having fun, staying fit go hand in hand at Admiral at the Lake

The fitness program at The Admiral at the Lake is wildly popular among residents.

Fitness coordinator Donna Lakinger leads numerous programs that improve Admiral residents’ balance, agility and strength, supporting optimal wellness and preventing injuries.

Currently there are 24 fitness classes of all types and difficulty levels.

Balance classes range from an easier 30-minute class to a more challenging 60-minute class.

Weights and more strength moves are added into our strength and balance combination classes. Floor work is done in core, yoga, and Pilates.

Flexibility is the main focus in the seated stretching class three times a week. There is also a 60-minute Zumba Gold and Strength Circuit class for those who are looking for more of a challenge.

Lastly, six classes are offered weekly that are exclusively in the pool. Aqua Zumba is a favorite while Aqua Aerobics comes in two levels of difficulty.

For people who aren’t looking for a class, there is a 24-hour fitness center complete with machines and equipment, as well a 24-hour pool.

Not only are there numerous activities within The Admiral at the Lake, there are many activities in the surrounding community.

Close to Lake Michigan and several well-manicured parks, The Admiral at the Lake provides a wide array of options for



Water Aerobics



Aerobic Class



Donna Lakinger, Fitness Coordinator

exploring the outdoors.

The following parks offer a wide range of opportunities to enjoy the beautiful scenery while exercising: Broadway Armory Park, Clarendon Park, Foster Avenue

Beach, Lincoln Park and Margate Park.

A large number of Admiral residents are avid cyclists, taking advantage of the numerous bike trails in the area, including the 18-mile lakefront bike path. The Admiral at the Lake earns a bike score of 88 – very bikeable – from walkscore.com.

Dancing is available locally too, whether it’s enjoying a community-led dance class at The Admiral at the Lake, salsa dancing at Pueblito Viejo, or spending a night out on the town.

Avid runners appreciate the breathtaking views and flat terrain in Edgewater and Andersonville. Several local running clubs offer opportunities to meet others in pursuit of a heart-healthy lifestyle: Chicago Area Runners Association, Fleet Feet Sports Fun Run Club, Lincoln Park Pacers and Evanston Running Club.

*Admiral residents brag about having anything they need within walking distance.*

Doing laps and water aerobics in The Admiral at the Lake’s heated pool is a favorite year-round activity of many Admiral residents. But, when temperatures rise, they also enjoy nearby beaches, including the 12th Street Beach, 57th Street Beach and Ohio Street Beach.

There are several tennis courts in the area to choose from, too, at Ashe Beach Park, Lake Shore Park, Lincoln Park Waveland Courts, Loyola Park and Maggie Daley Park.

Admiral residents brag about having anything they need within walking distance. Take a dog for a walk, visit the zoo, explore the Chicago Riverwalk, or discover one of the area museums with ease from West Foster Avenue and Marine Drive, rated “very walkable” by walkscore.com.

Chicagoans also tend to love yoga, and Admiral residents are no exception. In addition to classes offered at The Admiral at the

Lake, these highly-rated nearby yoga studios offer many opportunities to improve flexibility, muscle strength, and circulation through the practice of yoga: Yoga Tree, Be Yoga, Andersonville, Chi-Town Shakti, Sivana-nda Yoga Vedanta Center and Soma Arts.

Regular exercise is just one component of a healthy lifestyle. The Admiral at the Lake provides numerous programs that support achieving and sustaining optimal wellness. But these resources are provided only as a convenience. For health and safety, we strongly recommended that interested readers consult a primary care provider before beginning any exercise program.

The Admiral at the Lake is a continuing care community dedicated to supporting and promoting the personal independence, health and wellness of community members. The terms “retirement community” or “senior living” are avoided, because The Admiral at the Lake encourages a lifestyle that rejects stereotypes of aging.

Call 773-433-1801 for more information.



**WE WANTED TO STAY IN THE NEIGHBORHOOD.**

**Bank president. Real estate developer. Jazz lovers. Admiral residents.**

Chip and Suellen love the vibrancy within our lakefront location and the folks who are attracted to it. “There are such gifted and active people at The Admiral at the Lake,” says Suellen. “And they’re all willing to share their interesting experiences.”

Keep life interesting.  
Call us at **877-244-8968**.





929 West Foster Avenue  
[Admiral.Kendal.org](http://Admiral.Kendal.org)

**About The Admiral at the Lake**

The Admiral at the Lake is a nonprofit, full-service lifecare community affiliated with Kendal. Founded in 1858, The Admiral at the Lake is Chicago’s oldest nonprofit organization dedicated to creating senior living with innovative, responsive solutions to address the needs of older adults in the Chicago area. The Admiral moved into a new 31-story building in July 2012 and welcomed new and returning residents. Located on 2.8 acres at the corner of Foster Avenue and Marine Drive, on the North shore of Lake Michigan, The Admiral is just 400 steps from the beach and approximately 10 minutes from Chicago’s Loop.

The Admiral at the Lake offers independent living including one-, two- and three-bedroom apartments, assisted living apartments, memory support residences and private skilled nursing suites, including short-term rehabilitation. Most apartments include balconies or patios, many with breathtaking views of the lake and city. The Admiral is convenient to public transportation, including a bus stop just outside the front door. Community spaces include a wellness center, cardio and weights room and fitness studio, swimming pool, library, woodworking shop, beauty salon, movie theater, large gathering room with a stage and dance floor and several terraces with magnificent views.

