

CITY SUBURBAN NEWS

PHILADELPHIA & THE MAIN LINE'S FAVORITE WEEKLY

FREE

All That's New at Martins Run Senior Living Community

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Martins Run, a premier senior living community based in Media, Pa., has reached a new pinnacle of success this year, welcoming many new and exciting changes to the campus. They recently introduced their newest and most grand addition to the community: the Energy Club. This state-of-the-art fitness and recreation center features an indoor, therapeutically heated swimming pool as its centerpiece, and houses two separate exercise rooms, one for strength and toning and another for aerobic conditioning and group exercise classes, spacious locker rooms and a fully-stocked juice bar café, offering healthy post-workout refreshments.

The 9,000-square-foot facility represents the first major addition to Martins Run in several years, and comes on the tail of numerous improvements made to Martins Run in recent months. Among other new and improved amenities on the campus are a state-of-the-art library with extended area for computers, lavishly remodeled apartment-homes with open floor plans, a newly remodeled theater featuring plush seating, a large projection screen and surround sound, and the brand



Residents of Martins Run enjoy a relaxing lunch in the new Terrace Dining Room. The latest addition to dining options, the Terrace Dining Room offers a casual, laid-back atmosphere with demonstration cooking and an extensive list of menu options. Residents can choose from a grille bar, soup and salad bar, and a dessert bar. The residents in the picture are, from left - Jack Muchnik, Evelyn Bernstein, Marvin Rosensweig (from Wynnewood) and Ethyl Hamburger. Executive Chef Mike Tiernan is in background.

new Terrace Dining Room.

Offering demonstration cooking and buffet-style dining, the Terrace Dining Room provides a contemporary, relaxed

atmosphere in which residents can enjoy their meals. There are several prepare-it-yourself food stations, including a soup and salad bar, grille bar and dessert bar. Or for a more intimate experience, residents go to the Fireside Dining Room. The menus at both venues feature fresh, inspiring selections including kosher and non-kosher dishes. Adding to the mix of dining choices is the soon to come Bistro, which will offer quick bites and refreshing beverages on the go.

The new amenities are just the beginning of Martins Run's concerted effort to enhance the lives of its residents. In addition to these, Martins Run constantly works at bringing in new cultural events, exhibits and seminars to appeal to the residents' desire to learn and stimulate their thinking. Martins Run University offers residents fascinating courses taught by college professors right in their own home.

All of these exciting changes and opportunities are a viable demonstration of Martins Run's mission. The senior living community strives to enrich the lives of its residents through a focus on the whole person-mind, body and spirit, and with the addition of brand new and improved services, Martins Run has transformed into a community that does just that.