

Ageing is a wind

Ageing is a wind that lays hold of us
in its halo happy shade.
And in us deposes of what occurred to the work
only the way not to feel time,
but in the inner rhythm of the shadow
pass to the transparency of the moment.
But a moment that have banned hours
the habit and way of seeing
much further. To where the work
rises. And the elderly brightens the wind.

Fernando Echevarría, in "Figuras"



TORRE SÊNIOR

Residências Assistidas ~ Caldas da Saúde



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Torre Sênior *it's another life...*

Torre Sênior Residências Assistidas – Caldas da Saúde is a residential unit for elderly people, where the residents can stay for a certain period of time or choose a full time permanence.

The building benefits from a magnificent view of the Ave valley, with the city of Santo Tirso as background, and has 56 large, functional and equipped residential units for an experience full of comfort. This is one of the largest and most complete infrastructures in the entire region.

Torre Sênior's proposal based on the appreciation of the elderly person and its role in society, is to establish life projects for its residents appealing to the active, social and healthy involvement in daily activities and, in a setting of natural loss of faculties basing its performance on care provision with humanity and solidarity in a total respect for the individuality.

In Torre Senior residents find the desired experience, comfort and safety, in a modern, spacious and attractive area, built from scratch with all the facilities that time and current technology provide. Torre Senior offers its residents a wide range of services, leisure and health supervision adjusted to the clinical condition of each resident

Torre Sênior aims to be a reference in the approach to a new cycle that opens in the life of all older people, and an area sought by all who, rejecting altogether the sociocultural models that reduce the aging issue to the dependence, disease and the underlying socio-economic problems, wish for themselves or for their family, an active, safe and full of comfort life.



Facilities

- Easy accessibility to major urban centers (Porto, Braga, Póvoa Varzim and Guimarães)
- Spacious rooms in several types (all with outdoor balcony)
- Private Suites with views over the Ave river
- Panoramic outdoor terrace
- Indoor parking and individual storage room
- Nearby Caldas da Saúde Thermal Baths
- 10 Acres of Green Areas
- Healthcare
- Cable TV and wireless network
- Ecumenical prayer area

Services

- Permanent service (24h/24h)
- Medical and Nurse assistance
- Risk factors Individual Program control
- Pool and Hydrotherapy
- Aesthetics and Spa
- Creative and Occupational Activities Plan
- Catering service and laundry
- Regular private transportation to the center of the cities of Santo Tirso, V.N. Famalicão and Trofa