

# Holderness Grange Retirement Village News

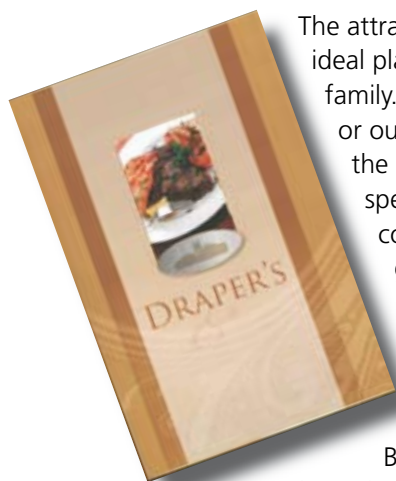


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## Country Club now open

**The Holderness Grange Country Club – the very heart of the pioneering new Holderness Grange Retirement Village for the over 55s at Hedon – has now opened its doors for the first time and is providing a wide range of facilities and activities for the growing number of residents who are moving onto the site.**

These superb, high quality central facilities feature a restaurant, bar, lounge area complete with piano and pool table, hair and beauty salon, gymnasium, library, arts and crafts, bowling green, and dance studio. Walk around the Country Club and you could be mistaken for thinking that you're in a top quality hotel!



The attractive Draper's Restaurant is an ideal place to relax with friends and family. Enjoy a tasty breakfast, lunch or our popular Sunday carvery, in the spacious restaurant. For that special occasion – or a break from cooking – enjoy dinner with a glass of wine selected from a menu that offers tremendous value for money.

Round off the evening with a drink in Monroe's Bar, which has been themed throughout with photographs of the legendary Marilyn Monroe.

Holderness Grange is a hub of activity – there will be everything from dance lessons, IT classes and day trips through to dinner/dances with live music, exercise classes and arts and crafts sessions. Alternatively, why not pamper yourself in the aromatherapy spa, followed by a relaxing massage or facial and topped off in our very own hairdressing salon! The choice of activities and properties available at Holderness Grange is truly impressive. There is



*Images from Draper's restaurant, gym and The Salon.*

the option of attractive two-storey town houses, or if people prefer single-level living, they have a choice of delightful bungalows, apartments or flats. All properties feature two spacious bedrooms.

Close circuit TV is installed within the grounds, and the Village Manager and her team are on hand to deal with the day to day running of the development. All gardening or external maintenance is taken care of, allowing you plenty of time to enjoy the vibrant sense of community at Holderness Grange.

**See inside for  
our Country  
Club focus**



## Whet your appetite in Draper's Restaurant

Draper's Restaurant has already established itself as *the* place for residents to get together for a chat over a relaxing meal, snack or drink.

Chefs Andy Cullum and Andy Cooke, who have won several industry accolades, have put together an excellent choice of meals and snacks, from tasty breakfasts through to mouth-watering salads and hearty lunches, including the increasingly-popular Sunday carvery, where many residents invite their family and friends.

Their traditional home cooked food offers excellent value for money – for example you can have a three course evening meal from just £9 – and it's all prepared in a kitchen boasting state-of-the-art appliances.



## Relax in the Spa

Imagine being cocooned in gentle warmth whilst being further relaxed by a soothing infusion of natural aromatherapy essences.

That's the calming experience awaiting residents who try out The Spa aromatherapy room within the Country Club. As well as relaxing the mind, The Spa also soothes and relaxes your muscles, creating a real sense of well-being. The Spa is particularly suitable for people with high blood pressure who would not be able to use a steam room or a sauna.

## Library and IT Suite

The Country Club Library and IT Suite offers residents a gateway to a wealth of online information and resources.

Internet-ready computers are provided which contain the main popular software packages. These facilities combine with the Library's comprehensive selection of fiction, non fiction and reference books to provide the perfect place for reading and learning.

## "The concept is brilliant"

Mary Davison, who recently moved into a first floor apartment at Holderness Grange, said: "Although I'd previously lived in Thorngumbald for 45 years I have no regrets about moving here. I really love it and I'm so glad that I took the decision to come while I'm still fit and healthy. My family have also supported my decision to move."

"The Country Club is a great place to get together with friends and family, and I particularly enjoy the Sunday carvery in the restaurant. The whole concept of Holderness Grange is brilliant – it has been well planned and thought out. My apartment overlooks the lake and has been finished to a very high standard."



# A very warm welcome

Val Tattersfield is the first point of contact for visitors to the Country Club.

She works closely with our receptionists and Village Manager to ensure that everything is running smoothly behind the scenes.



## Treat yourself: be pampered in **The Salon**

If you fancy pampering yourself a little, then visit Esther in The Salon. Her team of qualified professional stylists and beauticians offer ladies and gents hairdressing and the following treatments:

- Massage
- Manicures
- Nail extensions
- Pedicures
- Facials
- Waxing
- Eyebrow tinting
- Eyelash tinting



## Maintaining mobility, balance and posture

The Country Club's gymnasium offers everything residents need to maintain their mobility, balance and posture, as well as their general health and fitness.

Our instructor, Lisa Hutson, stresses that it doesn't matter if you have not exercised before – she will take you through an induction programme to help you get the best out of the equipment and your exercise routines.

The gym has a large multi-functional resistance machine, together with weights, treadmills, steppers, bikes and cross trainers.

Programmes are available for weight loss, strength training or cardio vascular work, and there is also the option to have a personalised programme made up for you.

Lisa is a personal trainer and sports therapist and has worked in the fitness sector for over five years. She places a strong emphasis on working on mobility, because that is a key challenge for people as they get older.

As a result, some of the most popular classes offered by the gym include an FMB workout (Flexibility, Mobility and Balance).

## Dance and exercise in the **Dance Studio**

Light and airy, modern and welcoming, the Dance Studio is home to a range of dance and exercise classes. A varied programme of activity has been designed for residents, and all classes are intended to be for enjoyment first and foremost.

Our classes are aimed to inspire and instill confidence, so whether you are experienced or a complete beginner, you are able to choose your activity and express yourself.

Classes includes aerobics, flexibility, Tai Chi and line dancing.



## Visit the **Hobby Shop**

Our Hobby Shop is a multi-purpose craftroom, offering a varied range of activities for residents. Initial hobbies available include pottery making and scrapbooking, and more are planned. Residents with experience in a particular craft or hobby are encouraged to pass on their skills to other visitors to the Hobby Shop.

# A truly impressive choice of properties is available



**T**he choice of properties available at Holderness Grange is truly impressive.

You have options of attractive two-storey town houses, or if you prefer single-level living, you have a choice of delightful bungalows, apartments or flats.

All have been carefully designed with the over 55s in mind, and all properties have two spacious bedrooms.

Whichever you choose, you will find that your home is well-designed, beautifully equipped, and finished to the very highest standards.

Everything you need is here, and of course there is no external ground maintenance to worry about.



## Excellent value for money

Properties at Holderness Grange represent excellent value for money:

- Apartments are from only £133,950
- Flats are from £138,000
- Bungalows from £149,950
- Town houses from £145,950

## How to contact us

To find out more about Holderness Grange retirement village at Drapers Lane, Hedon:

- Telephone 01482 896980
- Visit the show homes (open daily between 10 am and 4 pm)
- Log onto [www.hicalife.co.uk](http://www.hicalife.co.uk)

