

*Cold weather  
got you down?*

come & enjoy your own

**TEE TIME**  
on our brand new  
**GOLF SIMULATOR!**



Coventry Meadows is proud to offer a free monthly Tee Time to Veterans, members of the Silver Sneakers and Coventry Meadow's current residents. Coventry Meadows is the area's only senior living community that offers the benefits of indoor golf.

According to *Health Fitness Revolution*, golf can benefit seniors in the following ways:

- Strengthen muscles
- Keeps heart rate up
- May improve vision
- Reduces stress
- Burn calories
- Good for your brain
- May improve sleep

Please visit Coventry Meadows for more details.

*\*Serving seniors 55 years and better.*

# Coventry MEADOWS

*MOVING FORWARD REHABILITATION,  
AUGUSTE'S COTTAGE MEMORY CARE,  
SKILLED NURSING SERVICES,  
LONG TERM CARE, HOSPICE, RESPITE*

7843 W. Jefferson Blvd.  
Fort Wayne, IN 46804

**260-432-4848**



*"Where caring people  
make the difference!"*



[ASCSeniorCare.com](http://ASCSeniorCare.com)

