



Residential Block, Creative Rendering

FINDING YOUR SIXTY-SELF

How quickly time passes.

For many of us, it feels like only yesterday when we were little, looking at everything through unclouded lenses, redefined by all that was new and shiny in our lives. Blink and you're a teenager consumed with school and learning. Tired by burgeoning passions like playing the guitar or writing poetry, you are ready to change the world. Then, in a snap, you are married, parents, focused on the futures of your own children. Blink again and those children are all grown up and embarking on new and exciting journeys of their own.

Yet this isn't the end of your journey, far from it. Turning sixty is a chance for you to reconnect with yourself like you haven't been able to do in a long while. We all know the feeling of having lost a part of ourselves, somewhere along the way. Your own needs, your hobbies, your lives become secondary to the necessities of others. Now is the time to revisit those lost dreams and to reclaim you! To quote Oscar Wilde, "Be yourself. Everybody else is already taken."

Antara Senior Living allows you to do just that. A luxury community created by the Max India Group, Antara has an innovative service offering aimed at engaging individuals in their sixties and beyond. The very first of its kind in Indian soil, Antara is a home away from home. A place where community and companionship means comfort and carefully curated care - giving you the opportunity to revisit the passions of yesterday.

Located in Pankaj, Dehradun, Antara is one-of-a-kind in India. Its world-class community living model, combined with its proximity to high-quality healthcare make it an unprecedented option in the suburb/semi for those looking for the perfect blend of lifestyle and lifespan.

Set against the backdrop of the charming Mussoorie hills and spread over a green, sprawling 20 acres, Antara is seamlessly and purposefully integrated with nature. Designed by internationally renowned architect, Perkins Eastman from New York and Estiva I Euboa from Spain and built by India's most experienced construction company, Shapoorji Pallonji, Antara is created with a very specific clientele in mind.

From a full time on-site nutritionist to facilitate healthy food choices, to a 24/7 concierge service, it offers a worry-free lifestyle in a quiet, enchanting setting, while still being accessible to and from main cities across the country (like Delhi, Mumbai, Bangalore, Kolkata) by five daily flights. With unbeatable weather, breathtaking views and proximity to some of the most beautiful locales in Dehradun, Antara truly has something for everyone.

Built to foster community and provide each resident with a healthy, active and enjoyable life, Antara has a simple, but powerful vision for living that emphasizes the importance of the quality of life. Antara handles daily chores such as housekeeping, grocery shopping, repairs and maintenance, household insurance and security - matters which can potentially create annoyances in everyday life.

With a focus on continuous learning and growth, residents are encouraged to enjoy life to the fullest by concentrating on their own particular interests and hobbies.

Antara has taken great care to ensure that the vibrant and vibrant community is equipped to meet the challenges of life's changing needs. Says Singh Vekaria, CEO, Antara Senior Living, explains it best by saying, "The design philosophy centers on principles of specific design interventions, so that resident's can live comfortably and, more importantly, independently. With Innumerable facilities for recreation, socializing and overall wellbeing, we have ensured that our residents stay fit, engaged and

active. From landscaping, to carefully customized lighting, to ensuring universal step-free access, the community is focused on providing subtle, but powerful tools, to increase the quality of their lives."

Recognizing that each and every resident has individual likes and dislikes, needs and demands - the Antara experience is a precisely tailored one. Residents have innumerable choices, from over 200 beautiful apartments at 1800 - 10,000 square feet ranging in price from INR 1.45 cr - 8.75 cr, to a wide gamut of activities at the 50,000 square feet clubhouse, to personalized meal planning with nutritionists and dieticians and carefully crafted customized cars with personalized wellness counters. With a monthly service charge ranging in price from INR 40,000 - 1,20,000, these options give resident's the tools to continue living their lives in exactly the manner they have grown accustomed to, at their own pace and by their own rules. "Our residents do not have to change the lifestyle they have become familiar with," says Kenneth Sannes, Director, Community Development, "Antara is built to accommodate and adapt to ensure they maintain (or upgrade) their standard of living. They also take the stress off the four points of running their day - as that responsibility shifts to Antara and their carefully curated, highly trained staff."

- By Neha Chowdhry

For more information on Antara Senior Living, please SMS 487888 IND to 54342. You can also reach us at Website: www.antaseniorliving.com Facebook page: <http://www.facebook.com/antaseniorliving> Email: contact@antaseniorliving.com

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With a dedicated, service-oriented workforce of over 300 people catering to a resident's every need - they will no longer have to worry about the day-to-day bothers of living on their own. Everything from laundry to pest control is judiciously managed and accounted for. Instead, they can focus on healthy and active living by enriching their minds, bodies and spirits and immersing themselves in yoga and pilates classes at the world-class studio or working out with personal trainers at the state-of-the-art gymnasium. Residents can also make use of the holistic spa, the gorgeous putting green, watch movies in the 50-seater private theatre, peruse the well-stocked library or explore the lovely conservatory or herb garden. Turning sixty is to be celebrated.

It is a phase where you can revisit the dreams of your youth - be it learning to play the piano or perfecting your oil-painting skills.

Surrounded by like-minded neighbours who understand who you are and where you are in life in a lush, conducive environment, ageing gracefully was never easier.



Community Rendering, Antara Dehradun