

# *Lifestyle Opportunities* in Senior Living Communities



# *Lifestyle Opportunities*

## **What comes to mind when you think of retirement and moving to a senior living community?**

Can you imagine all the free time you'll have on your hands to spend it how you want? Or the many new skills you can learn, hobbies to take up, places to explore, and foods to try?

If none of this comes to mind, you're probably picturing the many myths of residing in a senior living community, such as:

**Not having the space or extra rooms for family visits or gatherings.**

**Not being able to meet people or make friends.**

**Not being allowed to leave or travel anymore.**

**Not being allowed to have pets.**

**Losing access to good food and fulfilling opportunities.**

But that's simply not the truth. In reality, a senior living community allows you to live by your design, explore your unique lifestyle in retirement, and fill your days in endless ways. Doesn't that sound more exciting?

If you haven't considered your future in this light before, read on to brainstorm the many possibilities for your lifestyle in a senior living community.





## *Dining Options*

Dining is an experience that should support your independence, promote a healthy lifestyle, and provide an opportunity for social engagement. Today's senior living dining emphasizes health with a focus on nutritious foods that meet dietary and adventurous needs in a variety of dining experiences:

- Casual dining in a cafe or bistro setting
- Coffee shops and grab-and-gos for meeting friends or having a quick bite
- Cooking demos with senior living chefs to learn cooking tips, dinner suggestions, and options for dietary needs
- Local spots partnered with the senior living community to cater meals for residents and give an experience away from home
- Restaurant-style dining and private dining rooms for more traditional sit-down venues, delicious carryout options, and reserving space for special occasions or guest visits

## *Library and Technology Access*

Learning doesn't stop once we get our diplomas! Senior living communities offer library and technology access with abundant resources in a variety of formats for lifelong learners. The comfortable and helpful facilities offer all kinds of support and stimulation:

- Assistive technology and room accommodations for people of all abilities to enjoy the space to the fullest
- Books of any genre in print, audio, and digital format
- Classes and workshops that provide social engagement and knowledge on how to use personal technology such as computers, tablets, and phones
- Computer labs and printers to research, write, connect to loved ones, or even fill out important documents
- Film, music, and card, board, or online games
- Space to learn alongside your family and work on personal projects



# Pet Life

Are you thinking of getting a pet or wondering if you should continue having one when moving to a senior living community? Consider these benefits of including a pet in your lifestyle:

- Decreases symptoms of depression, stress, anxiety, and PTSD
- Encourages regular exercise, structure, routine, and activity
- Lowers your chances of having a stroke or heart attack
- Provides companionship and helps you venture out and meet new people
- May double as service animals that provide sensory stress relief

Having a pet in your life is great for your physical and mental health and can open new doors for socializing with other people in the neighborhood. Just make sure the senior living community is:

- Service animal or pet-friendly and have clear policies about pet ownership, size and breed restrictions, and additional fees or deposits
- Able to provide ample walking paths, outdoor spaces, and designated pet areas
- Within distance of veterinarians and services, such as pet grooming

# Clubs and Recreational Opportunities

If you like to socialize while you do your favorite activities or want to expand your mind with others, there are many clubs and recreational opportunities available in senior living communities:

- Art classes
- Book clubs
- Continued education classes
- Crocheting and knitting clubs
- Dance classes
- Gardening clubs
- Jewelry-making classes
- Virtual reality and interactive digital sports
- Walking and hiking clubs
- Woodworking



# Health and Wellness

Your physical and mental health grows more important the older you get, so it's essential to continue your health journey into retirement or explore ways to start it. You don't have to go about it alone in a senior living community, as professional trainers and dietitians are available to give support and feedback. Put your healthiest foot forward in a way that works for you with on-campus fitness and wellness centers.

- Aerobics and swimming
- Group exercise classes
- Personal training
- Physical and occupational therapy
- Salon and spa
- Tai chi
- Yoga

# Religious Connections

If faith is a foundational part of your lifestyle, finding a senior living community that supports you is important. You can enjoy all the parts of your faith within walking distance and meet new people you can connect with on a spiritual level, all while maintaining your personal traditions and worship patterns. You can certainly enjoy the same place of worship and people you praise with, but know that in a senior living community, you also have easy access to those things:

- Bible studies and group discussions
- On-site chapels
- Opportunities to integrate into a fellowship
- Prayer meetings
- Religious services and events
- Chaplains



# *Volunteer Work and Community Involvement*

While it's nice to have freedom in retirement, some people find they miss having a purpose of serving others after decades of work. That's why senior living communities provide the opportunity to volunteer or get involved in the community through a variety of ways:

- Arranging flowers and other decorations
- Assisting in event planning and activity programs
- Assisting with mail delivery
- Serving as a member of the resident council or welcome ambassador
- Supporting fundraising efforts

## *Events and Programs*

The events and programs in a senior living community allow you to meet your neighbors and make friends with a variety of ways to mix and mingle:

- Concerts, movies, and theatre performances
- Field trips and outings
- Intergenerational opportunities
- Neighborhood and holiday get-togethers
- Organized events with neighbors outside the community
- Speaking engagements and educational experiences
- State baseball and football games and tailgates

At Life Enriching Communities (LEC), we're committed to ensuring patrons feel well-equipped to plan their future and age how they wish. Explore more resources on senior living or contact us today to learn more about our legacy of services and programs that bring meaning and purpose to every stage of life.





**Life Enriching Communities** owns and operates six senior living communities (CCRCs)...

### **CINCINNATI AREA**

- Twin Towers, College Hill: **513-853-2000**
- Twin Lakes, Montgomery: **513-247-1300**
- Confident Living, Tri-State Area: **513-719-3522**

### **CLEVELAND AREA**

- Concord Reserve, Westlake: **440-961-3700**

### **COLUMBUS AREA**

- Wesley Glen, Clintonville: **614-888-7492**
- Wesley Ridge, Reynoldsburg: **614-759-0023**
- Wesley Woods, New Albany: **614-656-4100**
- Wesley Hospice, Central Ohio: **614-451-6700**

**For additional resources,  
visit us online at:  
[www.lec.org](http://www.lec.org)**



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