

How senior living supports active, independent lifestyles

Staying active physically, mentally, and spiritually is important for everyone, especially seniors at risk of loneliness and isolation. For the whole family's peace of mind, senior living communities offer unique opportunities for connection, growth, and joy.

To maintain your active, independent lifestyle, senior living:

- Provides a variety of exercise options
- Helps coordinate transportation for fun and errands
- Keeps you stimulated and growing through games, culture, and education
- Empowers your freedom to manage your own routines and schedules
- Takes the hassle out of event planning with a robust social calendar
- Ensures chores and housekeeping are done your way
- Encourages connection through cozy, neighborhood-style living
- Personalizes your living plans according to your habits and preferences
- Nourishes your soul with spiritual wellness amenities

Whether you're researching senior care options for yourself or a loved one, read on to learn more about how the best senior living communities support your independence with connective, life-enriching experiences.

Provides a variety of exercise options

Keeping active through your senior years doesn't have to mean slowing down. In fact, many five-star senior living communities offer a variety of exercise options to keep you fit and strong, like boxing, tai chi, and pool aerobics.

Of course, for residents who prefer a gentler pace, morning walks, guided stretching classes, and other lower intensity exercise options are also available. Whatever your speed, you'll find something to suit.

For all your Senior Living resource needs, visit www.KiscoLearningCenter.com

Disclaimer: Information provided above may vary by community. We encourage you to speak directly with each Senior Living community to confirm specific details and ensure the community is the right fit for your individual needs and preferences.



Helps coordinate transportation for fun and errands

Being able to come and go as you please is a big indicator of independence, which is why senior living puts transportation within easy reach.

On-site transport options for errands, appointments, and group outings come standard in senior living. Residents who drive may be invited to park their vehicle(s) on site. Those who don't drive can also get assistance with navigating public transport and booking taxis or rideshares.

Keeps you stimulated and growing through games, culture, and education

Staying active applies not just to your body, but also to your mind. As you explore senior living options near you, check out the events calendar for opportunities to learn and try new things.

Getting cultured doesn't have to be stuffy or boring, though — which is why senior living communities regularly host fun games like billiards, mahjong, and bean-bag baseball. Residents who love a good puzzle will find plenty of options on the schedule, from crosswords to jigsaws to trivia, to keep the mental gears turning.

Outside of games, cultural clubs and events come in all flavors, including writing circles, discussion groups, and choir rehearsals. If you don't see a special interest group you'd like to join, ask the activities coordinator about starting your own club.

Residents can also enjoy a range of intellectual pursuits right on site. Whether you want to learn about Viking history or Beethoven's symphonies, the best senior living communities offer a mix of academic activities.

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Empowers your freedom to manage your own routines and schedules

Every senior is a driven person leading a rich, vibrant life. Senior living empowers that agency and autonomy, keeping you in control of maintaining the same lifestyle you've worked so hard to build.

Even better, it introduces the whole family to a diverse, thoughtful mix of new experiences to choose from, every day.

Along with this freedom comes the convenience of having a done-for-you activities schedule, home-cooked meals, help with housekeeping, and so much more right at your fingertips.

Takes the hassle out of event planning with a robust social calendar

One of the best parts about senior living is the activities program, curated for seniors and packed with new things to do, try, and discover every day of the week.

At senior living, you don't have to worry about sending invites, choosing a venue, hosting the event, or managing the attendees. With all the admin work taken care of, you only need to show up and start participating. And if you'd like to host your own shindig at your home or apartment, let the activities coordinators know if you need help with anything.

Since their job is to ensure all residents are catered for, activities coordinators at senior living communities should also welcome your feedback and ideas for the social calendar.

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Ensures chores and housekeeping are done your way

Thanks to the handy housekeeping services and dining options, you can reclaim some of the time and energy you'd normally spend cooking, cleaning, and doing chores.

Of course, if you enjoy looking after the housekeeping tasks, you're free to do so — while also enjoying the peace of mind that comes with knowing you've got a helping hand if you ever need one.

Encourages connection through cozy, neighborhood-style living

The clue is in the name: senior living *communities* are designed with connection at the core. From apartments, homes, and shared accommodations set out in the same cozy neighborhood layout you're used to, you're never far from friends who share your values, interests, and life experiences.

Sharing meals is another wonderful way to get out and about, meet new people, and bond over delicious food and engaging conversation. The communal dining spaces at most senior living communities mean there's always a dinner party happening somewhere.

Personalizes your senior living plan according to your preferences

In addition to all the standard amenities and accommodations you'd expect from senior living, you'll also benefit from personalized support. If you have questions or concerns about the activities available to you, all you need to do is ask.

Your wellness coordinator will craft your senior living plan with your goals, habits, and preferences in mind. Sharing as much information with them about

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your lifestyle as you can is the best way to make your senior living dreams a reality.

Nourishes your soul with spiritual wellness amenities

Staying active and independent also means nurturing your spiritual and religious practices. Regardless of your beliefs, you'll find all sorts of spiritual accommodations at senior living spaces.

Access to worship services (both on and off site) is usually available for senior living residents who are religious. Some senior living communities are even designed for specific faiths, including Catholicism and Judaism.

Those who don't follow any particular doctrine will also benefit from the weekly spiritual gatherings held at many senior living communities. Everyone's welcome in this dedicated space to commune and simply enjoy deep conversations and pleasant company.

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