

A Guide to Living Well During Retirement in Athens, Alabama

Traditions
of Athens

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FIND YOUR VITALITY IN ATHENS, ALABAMA

Life, energy, and purpose are the cornerstones to aging well. This is our daily focus at Traditions of Athens. Keeping your mind and body healthy gives you an opportunity to continue to thrive during retirement.

Retirement years are traditionally a time to pursue your dreams and nurture your spirit. Athens, Alabama offers older adults many opportunities to do just that. This western Huntsville suburb has a history that dates back to the early 1800s and is one of the oldest incorporated cities in the state. Today, Athens has grown from a cotton and railroad community to a desired town that is known for its friendly citizens, warm and welcoming spirit, and its proximity to Huntsville.

About Athens, Alabama

Just 30 miles west of Huntsville, Athens has the perfect mix of a quaint small town feeling and a variety of destinations that make it a great place to retire. Be it trips to local shopping, sports games, autumn's beauty, a scenic drive, a play at the theatre, a trip to the Veterans Museum, or local entertainment, we create vibrant living for residents to live purposefully and experience a profound sense of belonging.



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BE YOU, BE VIBRANT, BELONG: RETIREMENT IN ATHENS, ALABAMA



Live Life Connected

Staying connected keeps you young at heart. It also promotes better physical and mental health. Here are a few places for older adults to explore in and around Athens:

- **Local Culture:** Big Spring Park, Limestone County Antebellum Trail, Carnegie Visual Art Center in Decatur, and Athens State University, all provide seniors with opportunities to enjoy the arts during retirement.
- **Learning:** Life-long learning helps keep your brain healthy and fit while also providing you with a great way to meet new people. The Houston Memorial Library and the Athens-



Limestone Public Library are great resources just right around the corner from Traditions. Athens State University founded the Center for Lifelong Learning, which provides educational opportunities for the community.

- **Local History:** The George S. Houston Library and house is one of the cornerstones of the historic Athens community. Various historic sites and destinations include Donnell House, Alabama Veterans Museum, and the College Inn/Newby Gulf Station Museum. There is no shortage of antebellum homes and churches on the Antebellum Trail.





Engage and Grow

Eating well and staying active are easy to do in Athens, Alabama. These are just a few of the destinations that are popular with locals:



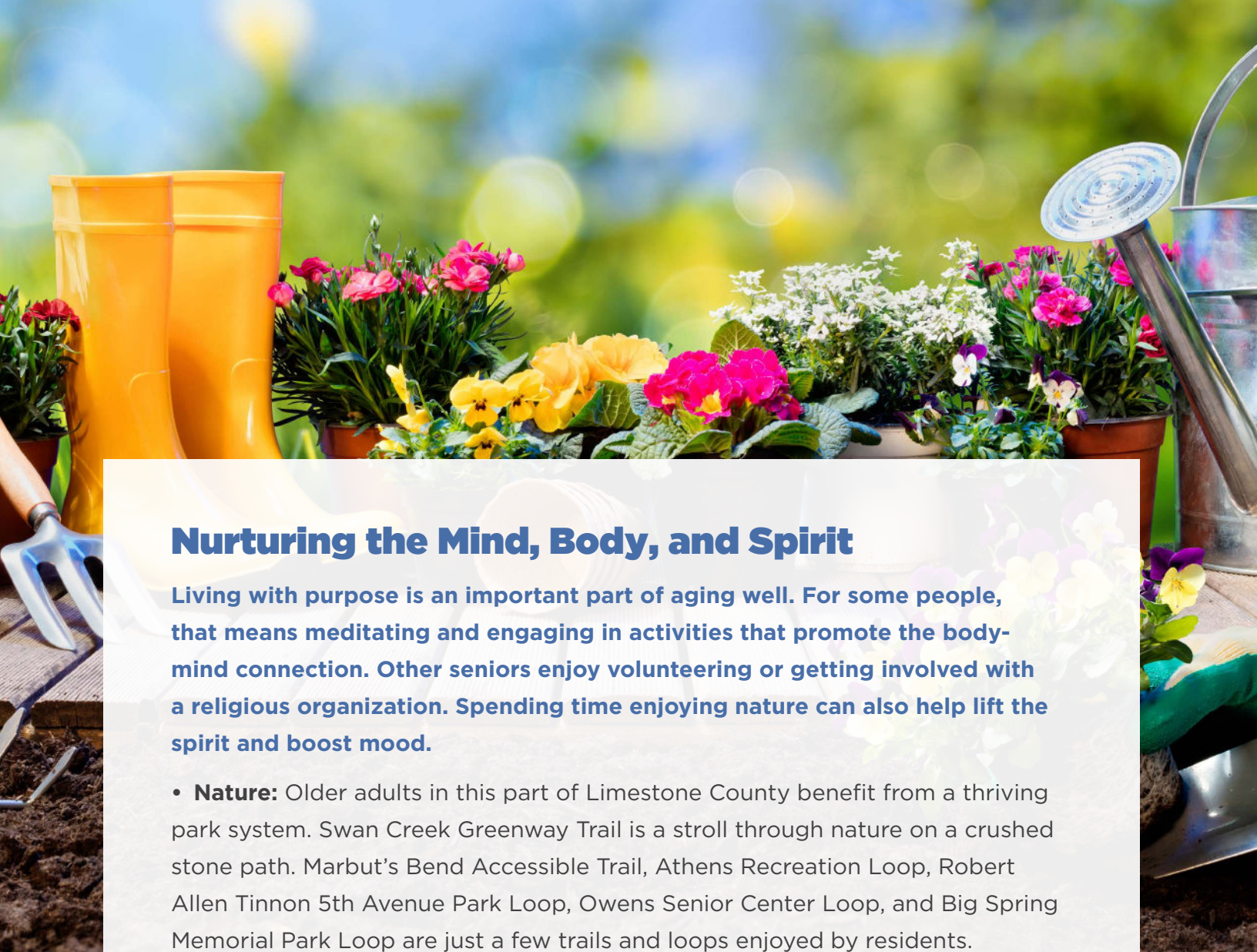
- **Restaurants:** Village Pizza, Dub's Burgers, and Cream Delight are all popular spots. Terranova's Athens is a popular fine dining restaurant located on the square. Resident favorites include Las Trojas, Ninja Japanese Steakhouse, and Ro's Grille.

- **Farm Fresh:** Farmer's markets provide older adults with an affordable way to purchase fruits, vegetables, and other locally grown foods. Limestone County Farmer's Market, Isom's Orchard, Humble Heart Farms in Elkmont, and G & N Berry Farm are unique in their offerings from animals to fresh produce and more.

- **Active Outings:** The Antebellum Trail is a scenic walking/driving trail sure to impress. There is no shortage of local shopping in Limestone County with favorites like Pimentos, SheaLeigh's and Trinity's, as well as all the great antique shops as well. If golf is one of your favorite ways to spend time, then you will surely enjoy Canebrake Club, the local golfing community. Don't forget to take a short drive to visit NASA Marshall Space Flight Center and explore one of the greatest collections of rockets and space memorabilia anywhere in the world.

- **Festivals:** Athens is well known for its festivals throughout the year. There is the Fiddlers' Convention, the Athens Grease Festival, and the Story Telling Festival. The Christmas festivals are like no other. The courthouse is decorated with a light display complete with an outdoor ice rink in the front of the building. Let's not forget the Cider Sipping Festival, where vendors compete to see who has the best cider recipe on the square. Stop by Tinsel Trail to take a North Pole Stroll where an entire park has custom decorated Christmas trees to make in an enchanted walk.





Nurturing the Mind, Body, and Spirit

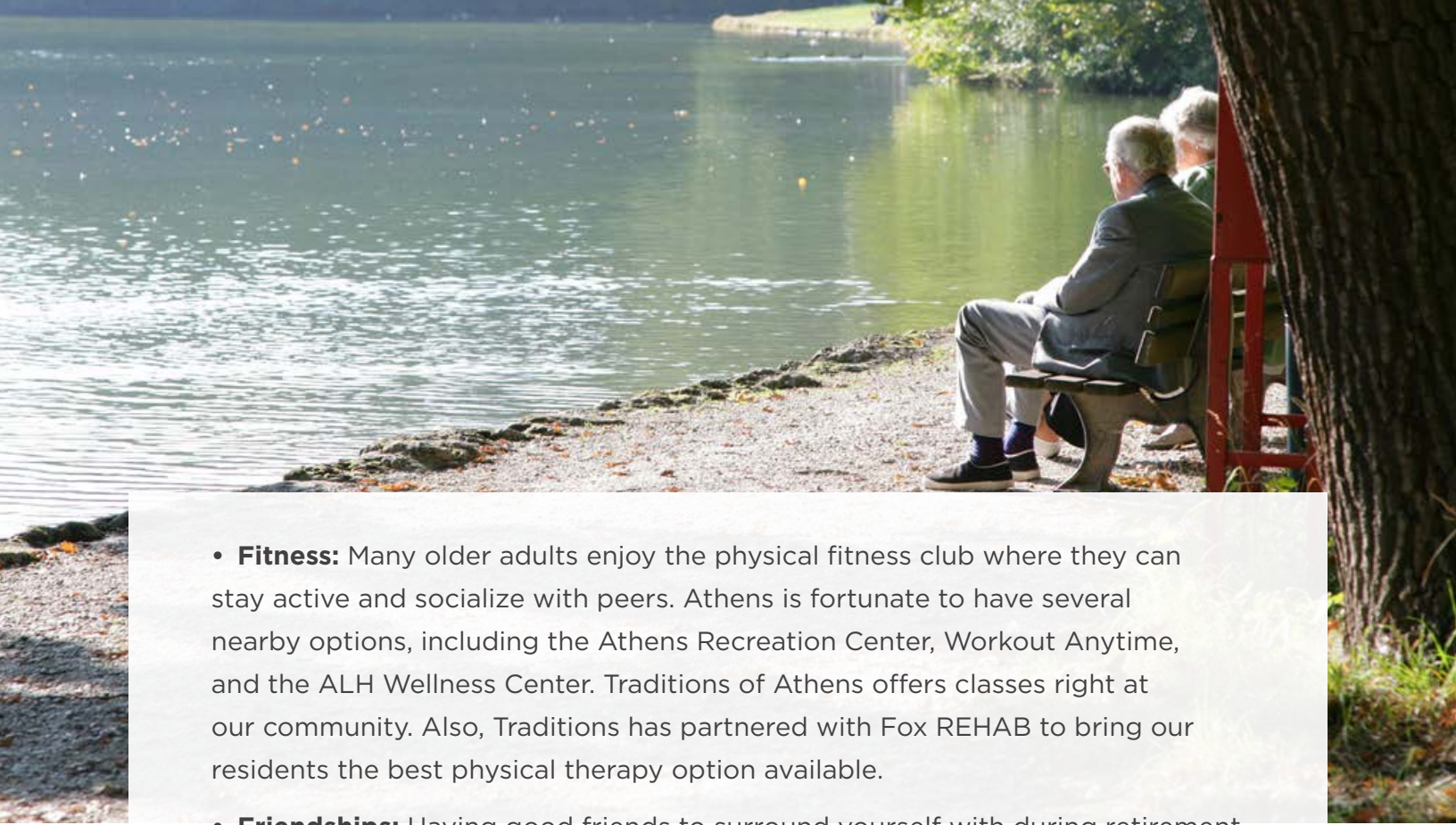
Living with purpose is an important part of aging well. For some people, that means meditating and engaging in activities that promote the body-mind connection. Other seniors enjoy volunteering or getting involved with a religious organization. Spending time enjoying nature can also help lift the spirit and boost mood.

- **Nature:** Older adults in this part of Limestone County benefit from a thriving park system. Swan Creek Greenway Trail is a stroll through nature on a crushed stone path. Marbut's Bend Accessible Trail, Athens Recreation Loop, Robert Allen Tinnon 5th Avenue Park Loop, Owens Senior Center Loop, and Big Spring Memorial Park Loop are just a few trails and loops enjoyed by residents.

- **Volunteer:** Sharing your talent and time with others is another way to live a longer, healthier life. Senior volunteers are needed in several departments of the City of Athens, including the parks, library, and animal shelter. We also welcome you to volunteer right here at Traditions of Athens. Our residents love sharing their time and talents with one another as well as local citizens.

- **Religious Opportunities:** There are religious organizations of all denominations in Athens. Lindsay Lane Baptist Church, Eastside Church of Christ, St Paul's Catholic Church, and Apostolic Christian Church are just a few. Traditions of Athens also offers religious services at the community twice weekly.

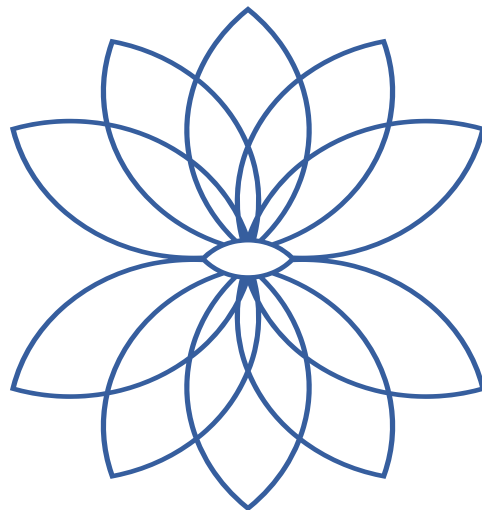




- **Fitness:** Many older adults enjoy the physical fitness club where they can stay active and socialize with peers. Athens is fortunate to have several nearby options, including the Athens Recreation Center, Workout Anytime, and the ALH Wellness Center. Traditions of Athens offers classes right at our community. Also, Traditions has partnered with Fox REHAB to bring our residents the best physical therapy option available.

- **Friendships:** Having good friends to surround yourself with during retirement is also important. You can join the Athens Senior Center or the East Limestone Senior Center to meet fellow seniors. These centers host a wide variety of activities and clubs for older adults. Other ways to make new friends in retirement can be by joining a senior group at your church, attending senior-focused fitness classes, or attending workshops and events at the Athens-Limestone Public Library.

- **Family Connections:** Athens is growing and welcoming new residents every day. Many find professional opportunities in the area and want their loved one to move with them to enjoy retirement right here in Athens.





Be You • Be Vibrant • Belong



RETIREMENT LIVING AT TRADITIONS

At Traditions of Athens, we believe every stage of life's journey should be filled with fun and festivities. Our team members are dedicated to creating an environment that empowers each resident to live their very best life.

From our wellness programs to our dining program and creative expressions activities, there is much to see at Traditions of Athens. We invite you to schedule a time for a private tour today!

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