

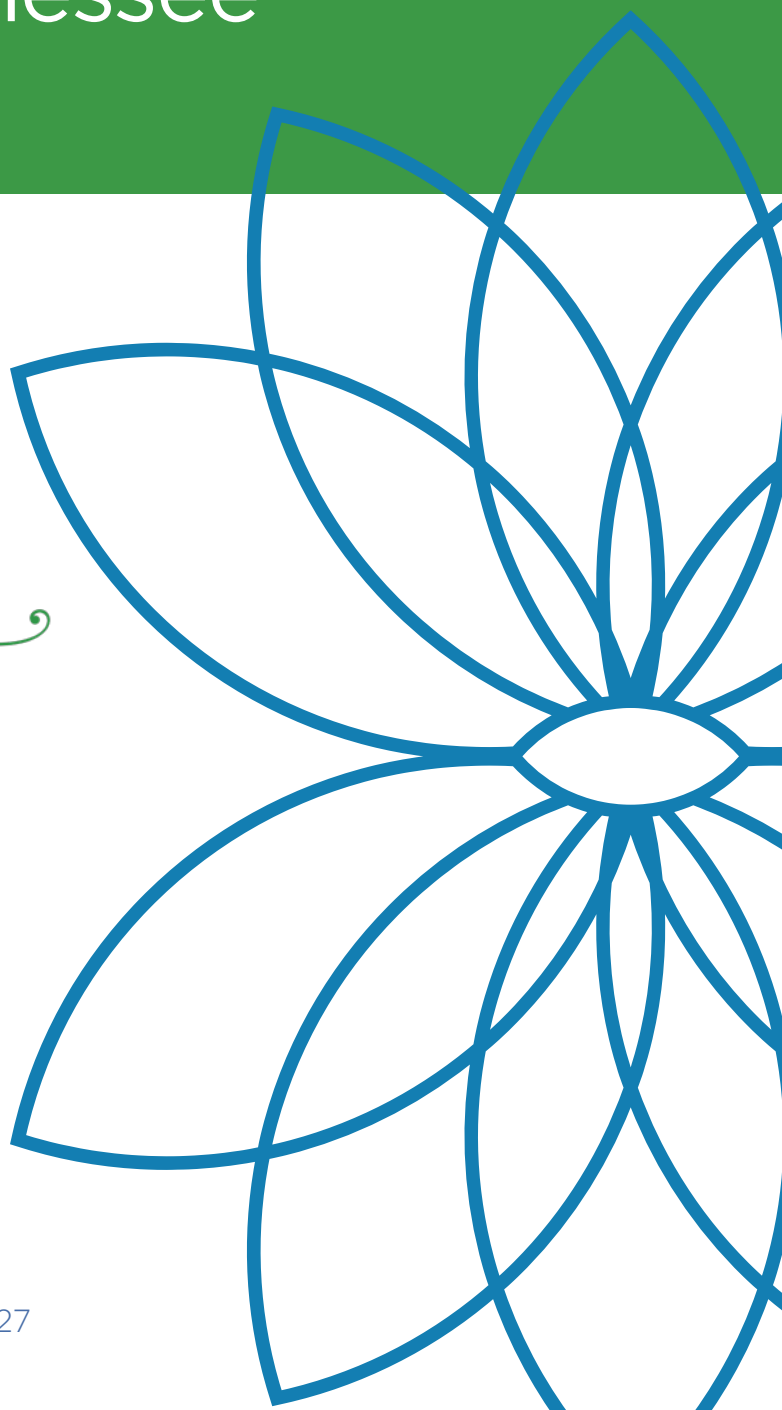
# **A Guide to Living Well** During Retirement in Brentwood, Tennessee

**Traditions**  

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*of Mill Creek*

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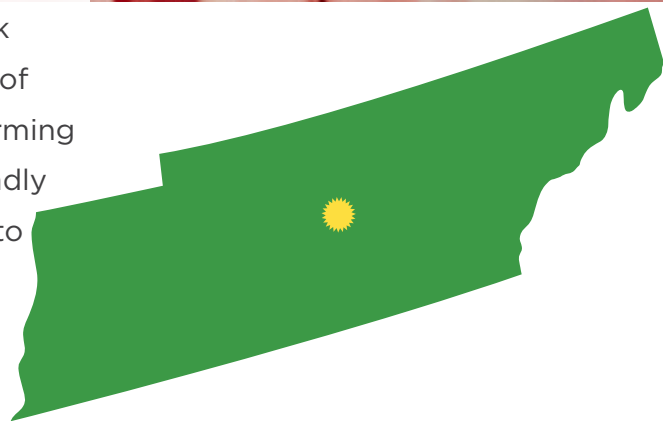
## FIND YOUR VITALITY IN BRENTWOOD, TENNESSEE

**Life, energy, and purpose are the cornerstones to aging well. This is our daily focus at Traditions of Mill Creek. 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. Brentwood, Tennessee offers older adults many opportunities to do just that. This southern Nashville suburb has a history that dates back to the mid 1800s when railroads were a primary mode of transportation. Today, Brentwood has grown from a farming community to a desired town that is known for its friendly citizens, warm and welcoming spirit, and its proximity to Nashville.

### About Brentwood, Tennessee

Just 10 miles south of Nashville, Brentwood 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 Radnor Lake, 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 BRENTWOOD, TENNESSEE



## 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 Brentwood:

- **Local Culture:** Radnor Park, and Ellington Agricultural Center, provide seniors with opportunities to enjoy the arts during retirement. In nearby Nashville, there are even more options including the Schermerhorn Symphony Center, Tennessee Performing Arts Center, and the Frist Art Museum.

- **Learning:** Life-long learning helps keep your brain healthy

and fit while also providing you with a great way to meet new people. The John P. Holt Brentwood Library and the Nolensville Public Library are great resources just around the corner from Traditions.

- **Local History:** Various historic sites haven been preserved and repurposed into event venues, which include the Mooreland Mansion, Mere Bulles, the Cool Springs House, and the Ravenswood Plantation. Brentwood is close to Franklin's historic downtown area as well.







## Engage and Grow

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

- **Restaurants:** The Perch, Martin's Barbeque Joint, and Ludlow and Prime are all popular spots. Mere Bulles is a popular Southern cuisine in a historic plantation home that receives high marks from guests. Resident favorites include 55 South, Eggstravaganza Cafe, Oscar's Taco Shop, and Burger Republic.
- **Farm Fresh:** Farmer's markets provide older adults with an affordable way to purchase fruits, vegetables, and other locally grown foods. Brentwood Farmer's Market, Nolensville Farmer's Market, Franklin Farmer's Market, and Amish Country Market At The Feed Mill are unique in their offerings of more than just fresh food including artisan products like soaps, jewelry, and skin care.
- **Active Outings:** Scenic drives, ball games, walks in Owl Creek Park, the Nashville Zoo, Arrington Vineyards, antique shopping in Nolensville, or meeting up at Fifty Forward Martin Center all make for a fun day out. If golf is one of your favorite ways to spend time, then you will surely enjoy The Governors Club.
- **Fitness:** Many older adults enjoy physical fitness clubs where they can stay active and socialize with peers. Traditions is fortunate to have several nearby options, including the Brentwood Family YMCA, Williamson County Indoor Sports Complex, Williamson County Recreation Complex, and Anytime Fitness. Traditions of Mill Creek offers classes right at our community. Also, Traditions has partnered with Fox REHAB to bring our residents the best physical therapy option available.







## Nurturing the Mind 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 Williamson County benefit from a thriving park system. Crockett Park and Radnor Lake State Park both offer hiking trails, picnic areas, playgrounds, and are pet friendly. You may also enjoy a drive to Brentwood's largest park, Marcella Vivrette Smith Park, which is known for its rich history, abundant wildlife, and hiking trails.
- **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 Brentwood, including the parks, library, and animal shelter. We also welcome you to volunteer right here at Traditions of Mill Creek. 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 Brentwood. Concord Community Church, and Providence Baptist Church, and Covenant Baptist Church are just a few of our close neighbors. Traditions of Mill Creek also offers religious services at the community twice weekly.

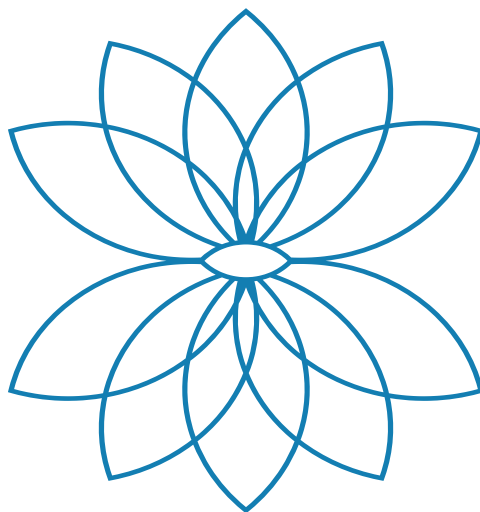


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- **Meditate:** Yoga, pilates, and meditation are all forms of exercise that benefit the body, mind, and spirit. Brentwood is home to several yoga studios, including Half Moon Yoga Healing, Compass Yoga, and trending Goat Yoga Nashville.
- **Friendships:** Having good friends to surround yourself with during retirement is also important. You can join The Williamson County Recreation Complex to meet fellow seniors. 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 Nolensville Public Library.
- **Family Connections:** Brentwood 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 Brentwood.







Be You • Be Vibrant • Belong





## **RETIREMENT LIVING AT TRADITIONS**

At Traditions of Mill Creek, 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 Mill Creek. We invite you to schedule a time for a private tour today!

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