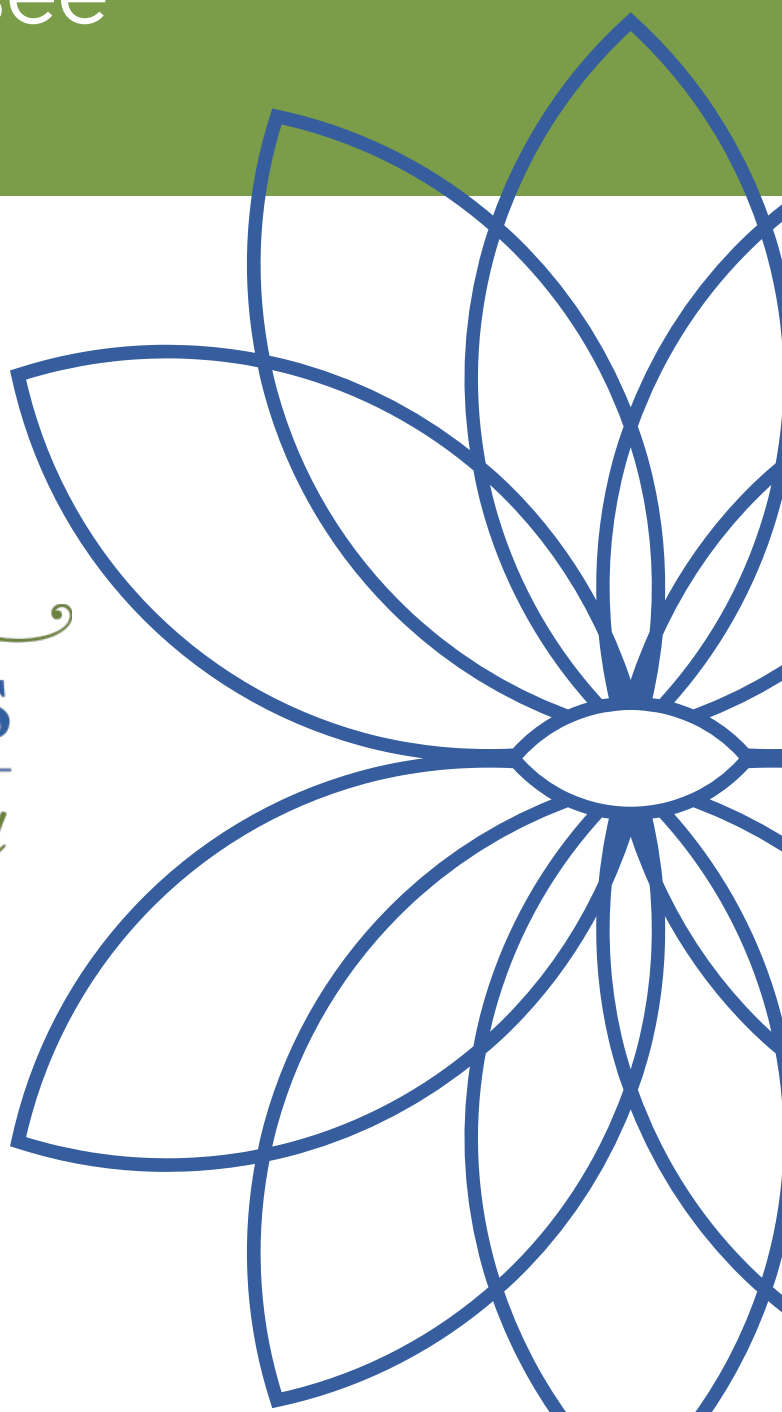


A Guide to Living Well During Retirement in Smyrna, Tennessee

Traditions

of Smyrna

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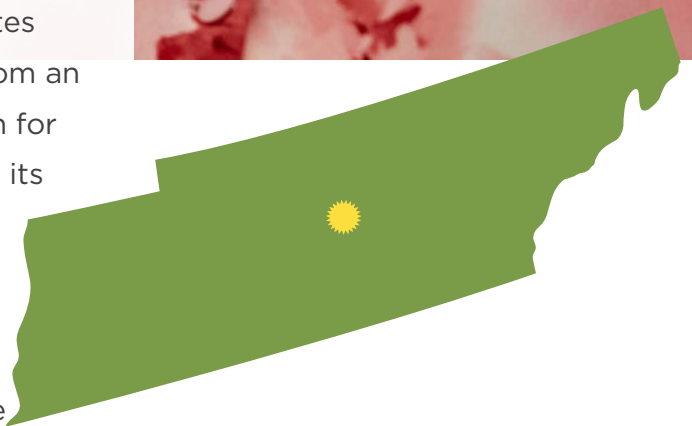
FIND YOUR VITALITY IN SMYRNA, TENNESSEE

Life, energy, and purpose are the cornerstones to aging well. This is our daily focus at Traditions of Smyrna. 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. Smyrna, Tennessee offers older adults many opportunities to do just that. This southeastern Nashville suburb has a history that dates back to the mid 1800s. Today, Smyrna has grown from an agrarian community to a desired town that is known for its friendly citizens, warm and welcoming spirit, and its proximity to Nashville.

About Smyrna, Tennessee

Just 25 miles southeast of Nashville, Smyrna 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 Sam Davis Plantation, 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 SMYRNA, 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 Smyrna:

- **Local Culture:** Smyrna has 10 parks, a public golf course, 7 miles of greenway trails and an outdoor water park. A public fitness center located in Town Center includes an Olympic-sized swimming pool. It's no wonder *U.S. News & World Report* named Smyrna in 2007 as one of the best places to retire.

- **Learning:** Life-long learning helps keep your brain healthy and fit while also providing you with a great way to meet

new people. The Smyrna Public Library is a great resource just right around the corner from Traditions.

- **Local History:** Smyrna is best known for its historic landmark, the Sam Davis Home, which has been designated as a state historical site. Smyrna's location proved to be vital to the Civil War because of its railroads between Nashville and Chattanooga. Sewart Air Force Base, also known as Smyrna Airport, is home to the Blue Angels Great Tennessee Air Show. Smyrna is also very close to Murfreesboro's historic downtown area.





Engage and Grow

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

- **Restaurants:** Carpe Cafe, Hickory Falls, and Janarty's Homemade Ice Cream are all popular spots. If you're craving barbecue, Jim N Nicks, Slick Pig BBQ, and Famous Dave's are excellent choices. Resident favorites include Cheddars, Cracker Barrel, and LongHorn Steakhouse.
- **Farm Fresh:** Farmer's markets provide older adults with an affordable way to purchase fruits, vegetables, and other locally grown foods. Smyrna Farmer's Market, Rutherford County Farmers, and Nashville Farmer's Market 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 Gregory Mill Park, and shopping trips to Target, The Marketplace at Smyrna, Wal-Mart, Kohls, and Stars & Stripes all make for a fun day out. If golf is one of your favorite ways to spend time, then you will surely enjoy the Smyrna Golf Course.
- **Fitness:** Many older adults enjoy physical fitness clubs where they can stay active and socialize with peers. Smyrna is fortunate to have several nearby options, including the North Rutherford Family YMCA and Workout Anytime Smyrna. Traditions of Smyrna offers classes right at our community. Also, Traditions has partnered with Fox REHAB to bring our residents the best physical therapy option available.





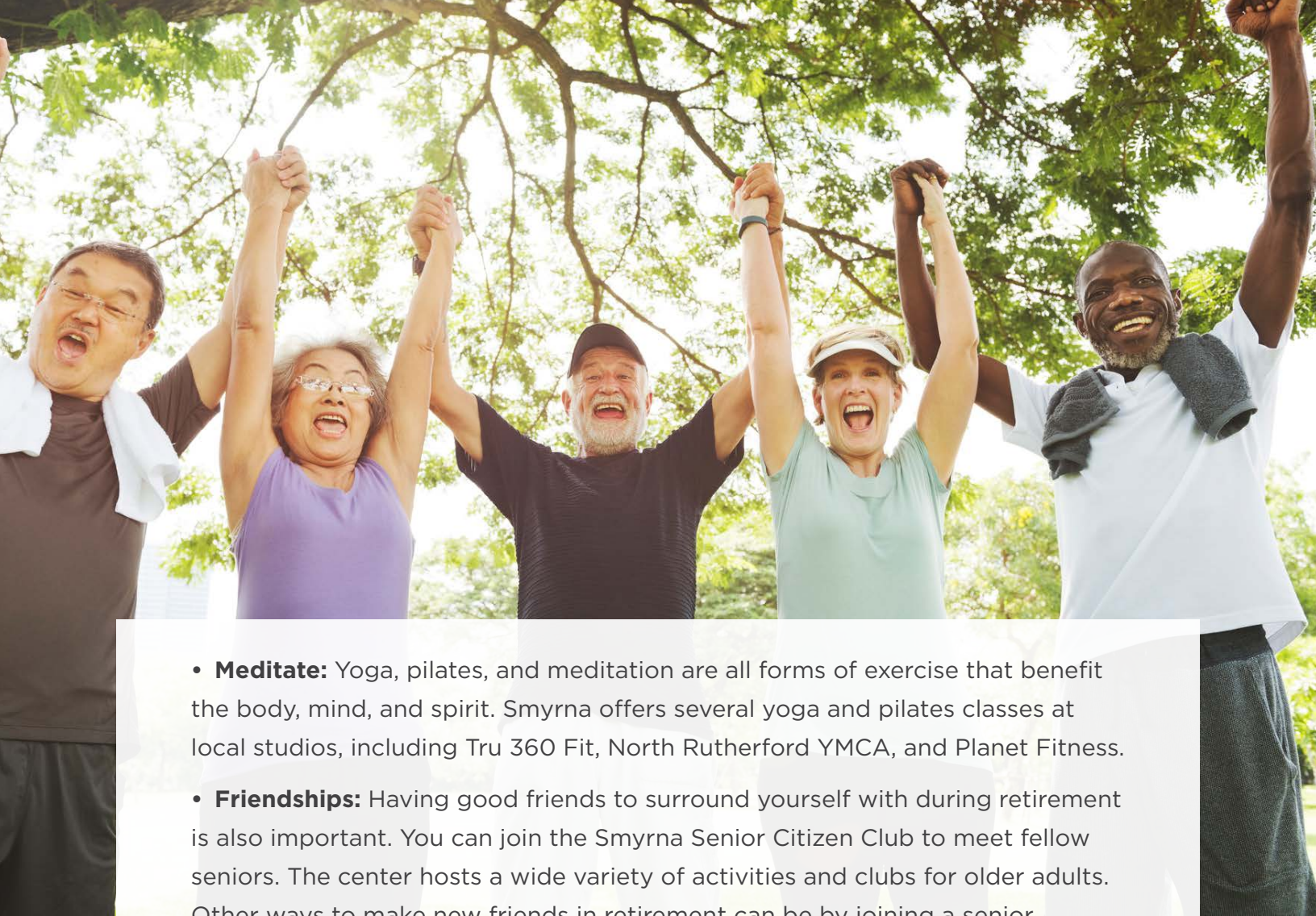
Nurturing the Mind, Body, and Spirit

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.

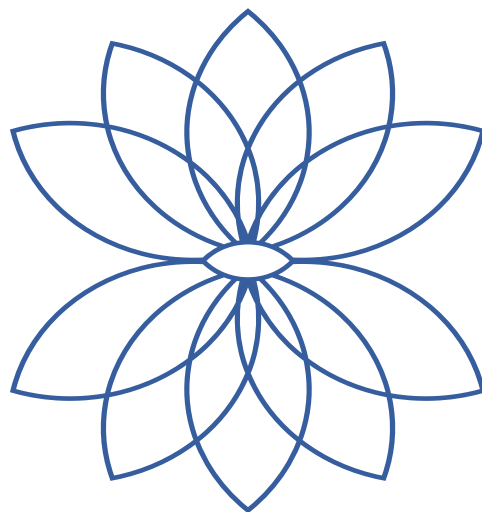
- **Nature:** Older adults in this part of Rutherford County benefit from a thriving park system. Lee Victory Recreation Park offers picnic areas, playgrounds, and is pet friendly. You may also enjoy a drive to nearby Sharp Springs Park, which is known for its nature trails, fishing ponds, picnic areas, and disc golf.
- **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 Smyrna, including the parks, library, and animal shelter. We also welcome you to volunteer right here at Traditions of Smyrna. 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 Smyrna. The River, Rock Springs Church, Cornerstone Baptist, and Spring House are all next door to Traditions. Other nearby churches include LifePoint, St Luke's Catholic Church, and Smyrna Church of Christ. Traditions of Smyrna 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. Smyrna offers several yoga and pilates classes at local studios, including Tru 360 Fit, North Rutherford YMCA, and Planet Fitness.
- **Friendships:** Having good friends to surround yourself with during retirement is also important. You can join the Smyrna Senior Citizen Club to meet fellow seniors. The center hosts 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 Smyrna Public Library.
- **Family Connections:** Smyrna 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 Smyrna.





Be You • Be Vibrant • Belong



RETIREMENT LIVING AT TRADITIONS

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

Traditions

of Smyrna