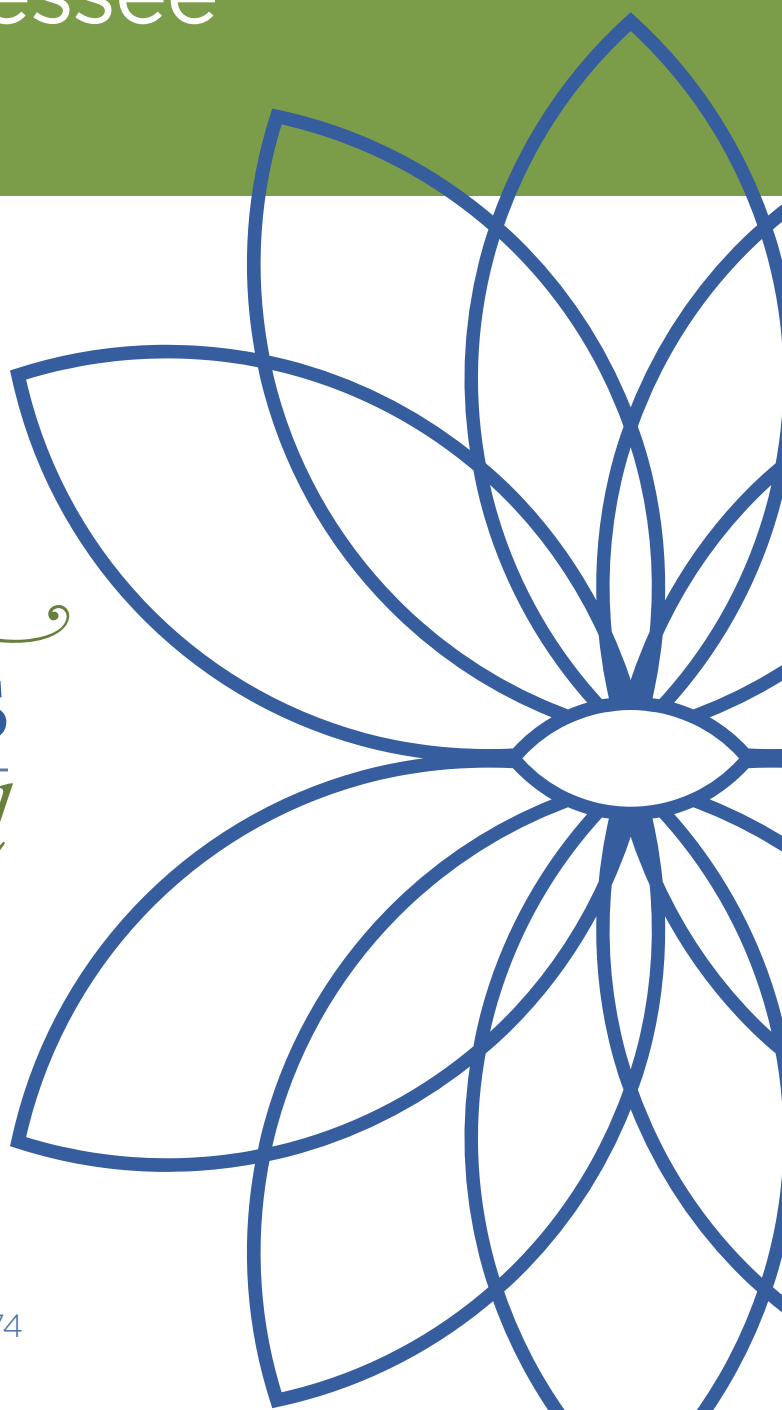
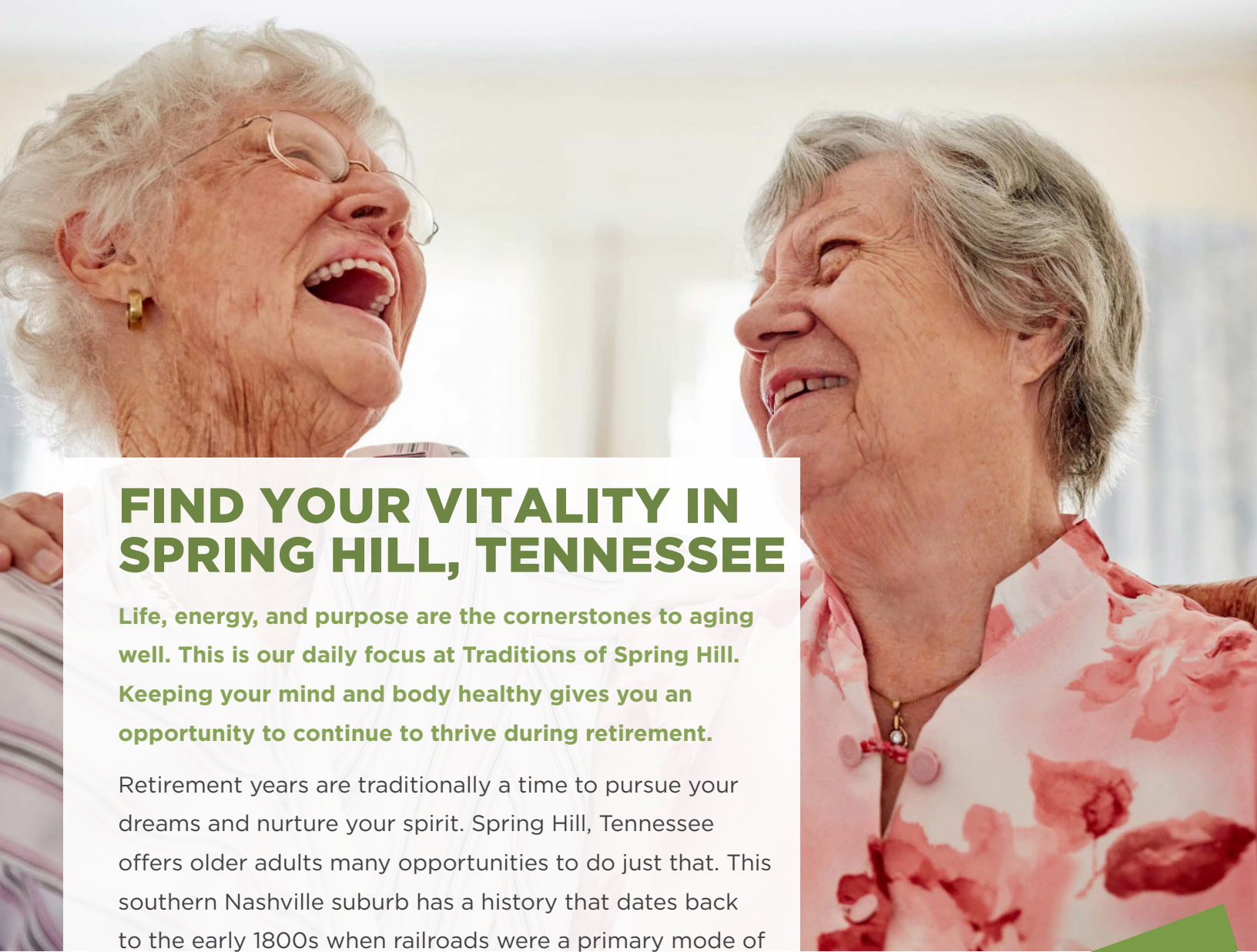


# A Guide to Living Well During Retirement in Spring Hill, Tennessee

**Traditions**  
*of Spring Hill*

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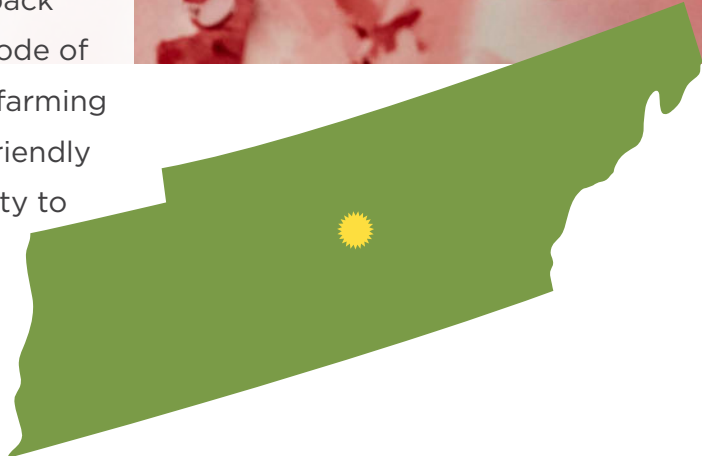




## FIND YOUR VITALITY IN SPRING HILL, TENNESSEE

Life, energy, and purpose are the cornerstones to aging well. This is our daily focus at Traditions of Spring Hill. 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. Spring Hill, Tennessee offers older adults many opportunities to do just that. This southern Nashville suburb has a history that dates back to the early 1800s when railroads were a primary mode of transportation. Today, Spring Hill 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 Spring Hill, Tennessee

Just 30 miles south of Nashville, Spring Hill 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 in nearby Franklin, a trip to Rippavilla, or local entertainment, we create vibrant living for residents to live purposefully and experience a profound sense of belonging.

**Traditions**  
*of Spring Hill*



**BE YOU,  
BE VIBRANT,  
BELONG:  
RETIREMENT IN  
SPRING HILL, 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 Spring Hill:

- **Local Culture:** Harvey Park, Rippavilla Plantation, Pull-Tight Players Theatre in Franklin, Maury County Arts Guild, and Columbia Arts Building 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 Spring Hill Public Library is a great resource just right around the corner from Traditions.



- **Local History:** Spring Hill is best known for its place in Civil War history during the Battle of Spring Hill. Various historic sites and destinations include Rippavilla Plantation, the Battle of Spring Hill historic site, as well as nearby Franklin's The Carter House, and Carnton Plantation. There is no shortage of house museums. Spring Hill is very close to Franklin's historic downtown area as well.





## Engage and Grow

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



- **Restaurants:** The Fainting Goat Coffee Shop, Delta Bound, and the Grecian are all popular spots. The Mockingbird Restaurant is a popular Southern cuisine farmhouse that receives high marks from guests. Resident favorites include 55 South, Cracker Barrel, The Olive Garden, and LongHorn Steakhouse.
- **Farm Fresh:** Farmer's markets provide older adults with an affordable way to purchase fruits, vegetables, and other locally grown foods. Spring Hill Farmer's Market, Columbia Farmers' Fresh Market, and Franklin 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 Harvey Park, and shopping trips to Target, The Crossings of Spring Hill, Wal-Mart, Kohls, and Cools Springs Mall all make for a fun day out. If golf is one of your favorite ways to spend time, then you will surely enjoy Traditions' own putting green.
- **Fitness:** Many older adults enjoy the physical fitness club where they can stay active and socialize with peers. Spring Hill is fortunate to have several nearby options, including the Spring Hill Fitness Club and the Longview Recreation Center. Traditions of Spring Hill offers classes right at our community. Also, Traditions has partnered with Fox REHAB to bring our residents the best physical therapy option available.

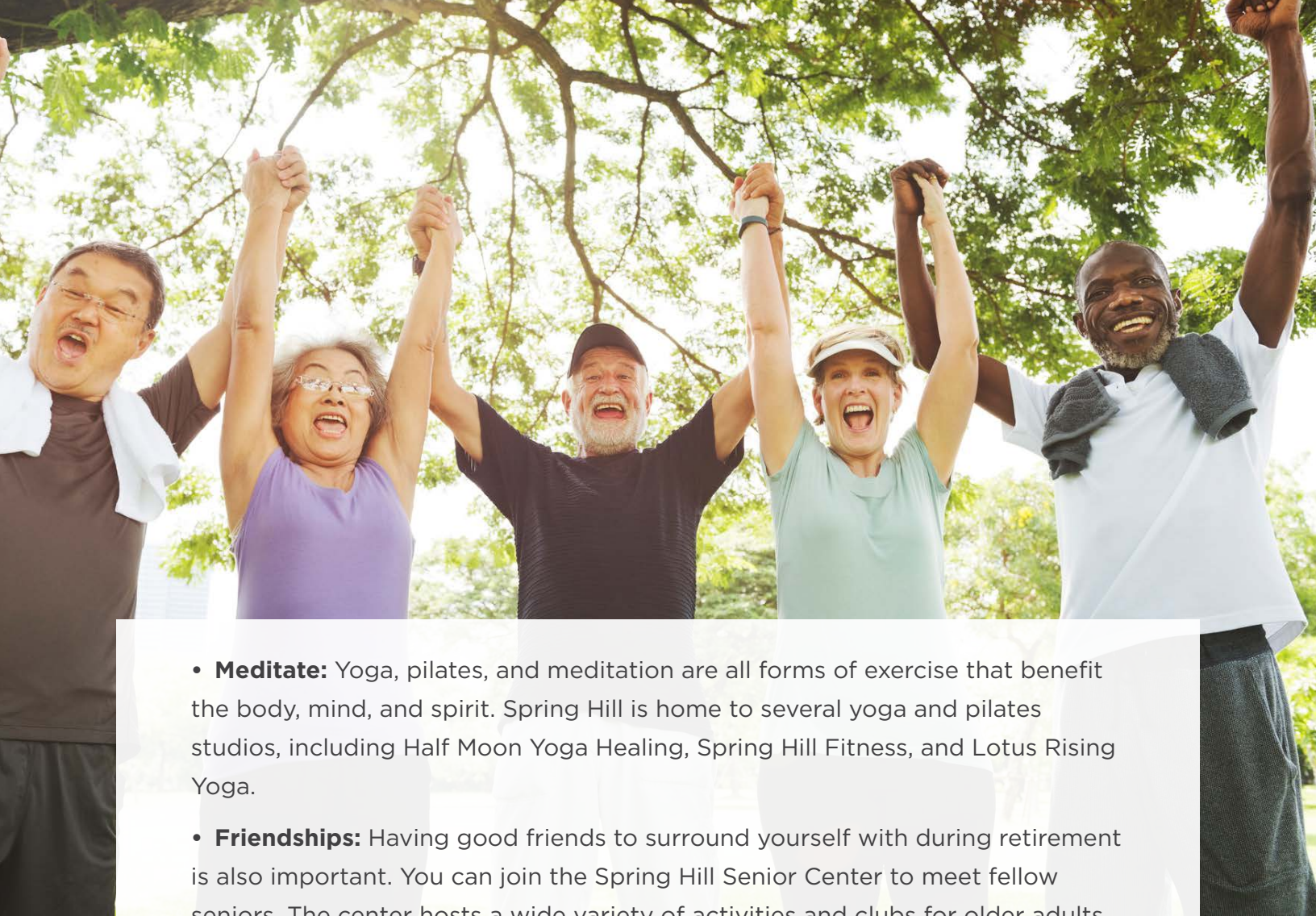


## Nurturing the Mind, Body, and Spirit

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 Maury and Williamson Counties benefit from a thriving park system. Harvey Park offers hiking trails, picnic areas, playgrounds, and is pet friendly. You may also enjoy a drive to nearby Thompson's Station Park, which is known for its nature trails, hiking, and fitness stations.
- **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 Spring Hill, including the parks, library, and animal shelter. We also welcome you to volunteer right here at Traditions of Spring Hill. 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 Spring Hill. Thompson Station Church, The Bridge Church, Spring Hill United Methodist, and Spring Hill Church of Christ are just a few. Traditions of Spring Hill also offers religious services at the community twice weekly.

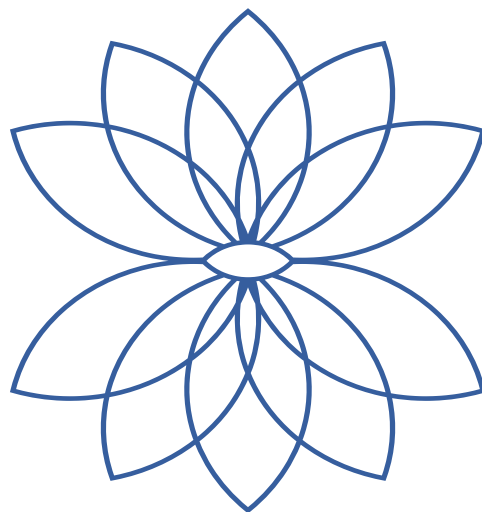




- **Meditate:** Yoga, pilates, and meditation are all forms of exercise that benefit the body, mind, and spirit. Spring Hill is home to several yoga and pilates studios, including Half Moon Yoga Healing, Spring Hill Fitness, and Lotus Rising Yoga.

- **Friendships:** Having good friends to surround yourself with during retirement is also important. You can join the Spring Hill Senior Center 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 Spring Hill Public Library.

- **Family Connections:** Spring Hill 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 Spring Hill.





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## **RETIREMENT LIVING AT TRADITIONS**

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

**Traditions**  
*of Spring Hill*