



Carefree Living

Vitality Active Adult Lifestyle Guide



About Vitality Living

- Vitality Living is a premier provider of active adult, independent living, assisted living, and memory care.
- Vitality Living is a team of seasoned retirement living professionals passionate about creating vibrant communities for older adults, regardless of physical or cognitive challenges. **Our goals are to eliminate labels that reinforce stereotypes of aging, to empower choice, and to create environments where all residents are successful.**
- With over 200+ years of experience, Vitality Living's leadership firmly believes that the industry must evolve and change to more capably meet the wants, tastes and demands of the older adults of the future. Every team member is inspired to re-imagine the experience of older adults living in a community setting. We challenge every perception, advocate for choice, and reject the status quo.
- Learn more at myvitalityliving.com.

AN ACTIVE ADULT COMMUNITY – A HOMEBASE FOR ADVENTURE

Explore the Town, Country, and the World!

Now that you've downsized from the burdens of homeownership and moved to a Vitality Living active adult community, you're free to explore the town, the country, and the world!

Living the active adult lifestyle at a Vitality Living community means true freedom to pop over to the next town for a casual lunch, head into the big city for a show, or a museum visit. Catch a plane or train across the country to see a city you've never been to, or crossing the ocean to tour one of your "lifelong wish" countries.

Where are you going to go first? *Here are some ideas!*



Top Travel Destinations for Active Adults

Retirement is a time for seeing and experiencing new places! If you love seeing the world, here are some great ideas depending on what you enjoy the most!

Wilderness Lovers:

- Seeing Alaska by cruise ship is an outstanding way to take in the majesty of Alaska's wilderness. From the ship- you can view wild areas like Glacier Bay and the Inside Passage. You can also debark for tours to highlights like Denali National Park. Cruises leave from west coast US cities like Seattle and San Francisco and Vancouver in Canada.
 - The western United States is home to our nation's oldest and breathtakingly beautiful National Parks. You won't want to miss the Grand Canyon, Yellowstone, and Yosemite, but others are equally awe-inspiring, like Bryce Canyon and Zion, Grand Teton, and Mount Rushmore. The western states are immense, so if you're ambitious, you can drive, or better yet, look for bus tours or train trips with National Parks itineraries.
 - New England is among the first place in the US to experience the beauty of the fall colors as the leaves change in Autumn. Take in the charm of Maine, New Hampshire, and Vermont by car, or seek out bus tours and train itineraries specifically designed for peak viewing opportunities.
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- The Smoky Mountains area at the Tennessee – North Carolina border is known for its scenic beauty and distant mountain vistas. The Great Smoky Mountains National Park is home to a tremendous diversity of wildlife including elk, black bears, deer, reptiles, and more. There are also over two thousand different species of plants that call the park home. The surrounding towns of Gatlinburg, Pigeon Forge, and Sevierville in Tennessee and Asheville, North Carolina offer accommodations ranging from cabins to luxury hotels, and other area attractions include the Biltmore Estate and Dollywood, among many others.



Beach Seekers:

- South Florida's beaches are warm and sunny from Spring through Fall, so if you aim to spend a few days of uninterrupted sunbathing and swimming, you'll want to consider them. Highlights on the east coast include Cocoa Beach, Daytona Beach, Palm Beach, and Miami Beach. Highlights on the west coast include Clearwater Beach, Siesta Key, and Lido Beach in Sarasota, Venice Beach, and Sanibel Island's beaches. . Several international airports put almost all of south Florida's beaches within easy reach.
- No matter what time of the year, the islands of the Caribbean are getting sun and warm breezes. Some highlight destinations are the Bahamas, Antigua,

Barbados, and Nevis. Many Caribbean islands are home to commercial airports with flights from the mainland US, and smaller islands can be reached by inter-island ferries or commuter planes. If you're interested in taking in multiple islands in one trip, consider a cruise.

California:

California State Route 1 runs from south of Los Angeles all the way north to Mendocino County. It hits some truly scenic areas of the state including Big Sur, the Monterey Bay area, and the San Francisco Bay area (it even crosses the Golden Gate Bridge). From there, you can continue along the coast, or divert up through California's prime and picturesque winemaking regions: Sonoma and Napa Valleys.

Magical Europe:

- River cruises put much of Europe within reach of your moving hotel room. Several of Europe's waterways actively host river cruises including the Douro in Portugal, the Danube and Rhine in Germany, and the Rhone and Seine in France. River cruise operators will also typically offer pre-and post-cruise extensions in a major city.
- Oktoberfest is an annual traditional folk fest centered around beer in Munich, Germany that takes place mid-September through early October. It is raucous and lively and attracts over six million people each year. With all of those people descending on Bavaria, you will want to start planning early, or better yet consult with a tour operator specializing in the event.
- Winter Christmas markets are a centuries-old tradition in many of Europe's most picturesque cities, towns, and villages. Central squares are converted to festive markets selling everything Christmas and serving specialty treats and beverages. Among the most charming winter markets are Vienna, Salzburg, Prague, Cologne, Strasbourg, and Basel, but dozens of towns in all parts of Europe hold their own.

American History Buffs:

If the history of the United States is your thing, there are numerous sites where history is preserved for all to experience. Among the most impressive are Colonial Williamsburg and Jamestown in Virginia, Gettysburg in Pennsylvania, St. Augustine in Florida, Philadelphia's Historic District, the numerous historic sites in Boston, and Tennessee's Civil War sites spanning from Spring Hill to Nashville. This is just a shortlist of the locations preserved around the country. Wherever history is found, there will almost always be hop-on/hop-off trolleys and buses that make visiting and sightseeing a breeze. These travel ideas just scratch the surface, so ask your friends and neighbors where they've traveled and enjoyed the most, then take a chance and try somewhere new!





Multigenerational Travel: Experience the Wonders of Travel Again - Through New Eyes

Connecting with your grandchildren through travel is a great way to find common ground across the generations. Exploring family roots, experiencing the history and heritage of a country, or just simply experiencing the rewards and challenges of travel together are all positive ways to bridge the gap between generations.

Three (or More) Generations

If your grandchildren are school age – 18 and younger – a multi-generational trip can bring three or more generations together for some positive family bonding. Consider staying put in one place by renting a vacation house for a week or taking a cruise, that way everyone can have their own space and opportunities to do their own thing for a while, and then come back together for meals to share their day's experiences.

Skipping a Generation

Are your grandchildren out of high school? Leaving their parents at home and experiencing the world together without the influence of their parents treating them like adolescents can be a rewarding experience for you and them. Consider a more active trip like a big city or overseas, this will keep everyone interested and engaged.

No matter where you go or who comes along, you'll take away new memories of that incredible family trip that the younger ones will cherish for their entire life!

FIT AND FABULOUS AT FIFTY-FIVE PLUS

Stay active and fit – and meet new friends – with these fun sports for active older adults

Regular exercise has so many benefits for active older adults. Sticking to a daily habit of a combination of aerobic, muscle-strengthening, and balance activities benefit your body's cardiovascular system, strengthens bones and muscles, helps to maintain a healthy weight, and promotes healthy mental and emotional health. Here are a few fun sports for older adults that will support your overall health and broaden your circle of friends and acquaintances too!

Tennis

Tennis is a highly enjoyable racquet sport that provides excellent aerobic and balance exercise. It's easy to learn and is a great way to meet other active older adults. All you need to play is a racquet, tennis balls, and a sturdy pair of tennis shoes! Free public courts aren't hard to find in most cities and towns, or join a club or recreational center – they offer the benefits of well-maintained courts, lessons, and potential partners in your skill level.

Keep the Blood Pumping! The Many Benefits of Aerobic Exercise

Aerobic exercise is an activity that promotes the increased circulation of blood through the body, elevates the heart rate, and increases the rate of respiration. The benefits include maintaining a healthy body weight, lowering blood pressure, improving circulation in the brain, improving balance and coordination, strengthening muscles and bones, improving mood through the release of serotonin into the body, as well as many others. The U.S. Centers for Disease Control's guidelines for active older adults is at least 150 minutes of moderate-intensity activity each week. [Learn more here](#). Be sure to check with your doctor before starting any exercise regimen.



Muscle-Strengthening Activities Keep Muscles and Bones Strong

Strength training builds muscles and keeps bones healthy, which promotes more effective aerobic exercise and improves balance and coordination. It also reduces the likelihood of falls and associated injuries. Strength training can be done with as little as a pair of hand weights or exercise resistance bands, the goal is simply to challenge the muscles but not enough to risk an injury. A 30-minute session twice a week is the minimum recommended for older adults. [Find specific exercises and additional information about the benefits of muscle-strengthening exercise here.](#)



Pickleball

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong and is played on a badminton-sized court. The paddle is solid and between the size of a tennis racquet and a ping pong paddle; the ball is like a whiffle ball and is hollow and has holes.

Two (singles) or four (doubles) players compete to win the most games out of three sets. The gameplay and scoring is similar to tennis, but there are differences too. For complete pickleball basics, visit usapickleball.org, the online home of the USA Pickleball Association.

Golf

It's been shown that an 18-hole game of golf provides at least the recommended 10,000 steps of a general physical activity plan. Although it's the most expensive sport to play of all the sports on our list, it's a highly sociable game that is great for all skill levels to play together.

Walking

If there is one exercise that all of us should be doing every day, it's walking. Its benefits to our physical and emotional health are unquestionable. It can be done alone or in a group, in almost any weather, and best of all, it only takes a decent pair of shoes to start a daily walking routine! Just open your front door and take the first step!

Bicycling

Chances are if you're like most active older adults that you rode a bicycle a lot until you got your first car. With bicycle paths in so many neighborhoods and communities these days, it's not only a great exercise option but also a convenient way to run errands, visit friends, or get to your tennis or pickleball match! If you don't have a bicycle, there are affordably priced models at the large retailers, or check around at garage sales. Don't forget to wear your helmet!

Water Aerobics

If you live in a retirement community that has a pool, most likely a water aerobics class is on the schedule. As the name implies, it's an excellent aerobic activity, and it's also low-impact which is a plus if you have any knee or joint issues. It's also refreshing in the warmer months, and a great way to meet new friends and your neighbors.

Ballroom Dancing

Ballroom dancing has experienced renewed interest in recent years thanks to celebrity dance shows on television. It's an excellent form of exercise for active older adults because it offers the benefits of being an aerobic exercise and a balance activity. It's also very social! Classes are frequently offered at community recreation centers as well as dance schools; you're sure to find more than a few in your area if you search online.

There you have it – seven options to start a fun new exercise habit. Your body will thank you for it!



Balance Activities for Fall Prevention

Balance activities are an essential part of a regular fitness program for older adults. The primary benefit is to lessen the likelihood of a fall that can lead to long-term injuries. Here are ten balance exercises that can be done with little to no special equipment.

Giving of Yourself: Volunteer Opportunities for Active Seniors

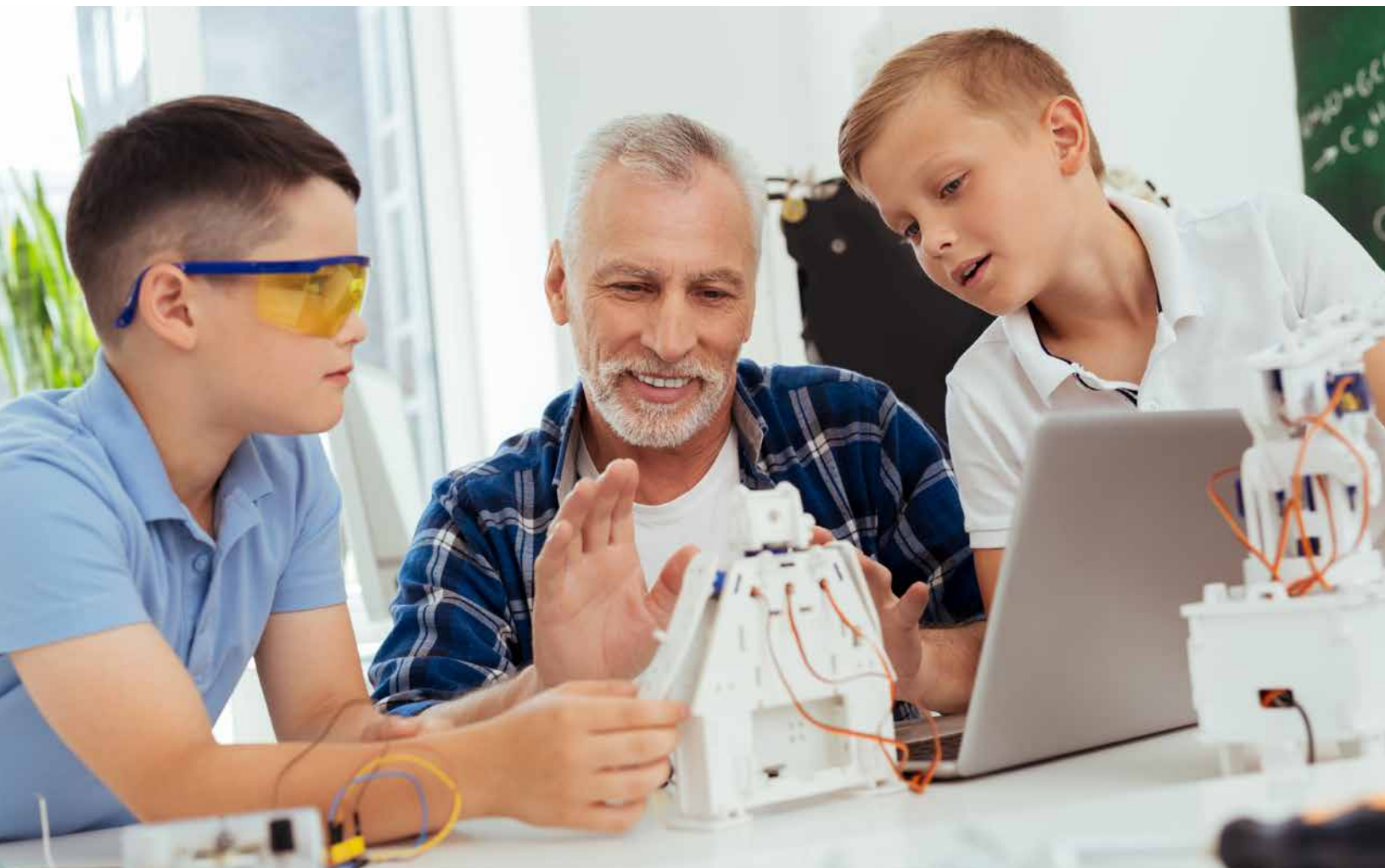
Your active retirement years can be a great time to volunteer. Giving back a little of your time is rewarding and deeply satisfying. Here are a few opportunities to inspire you:

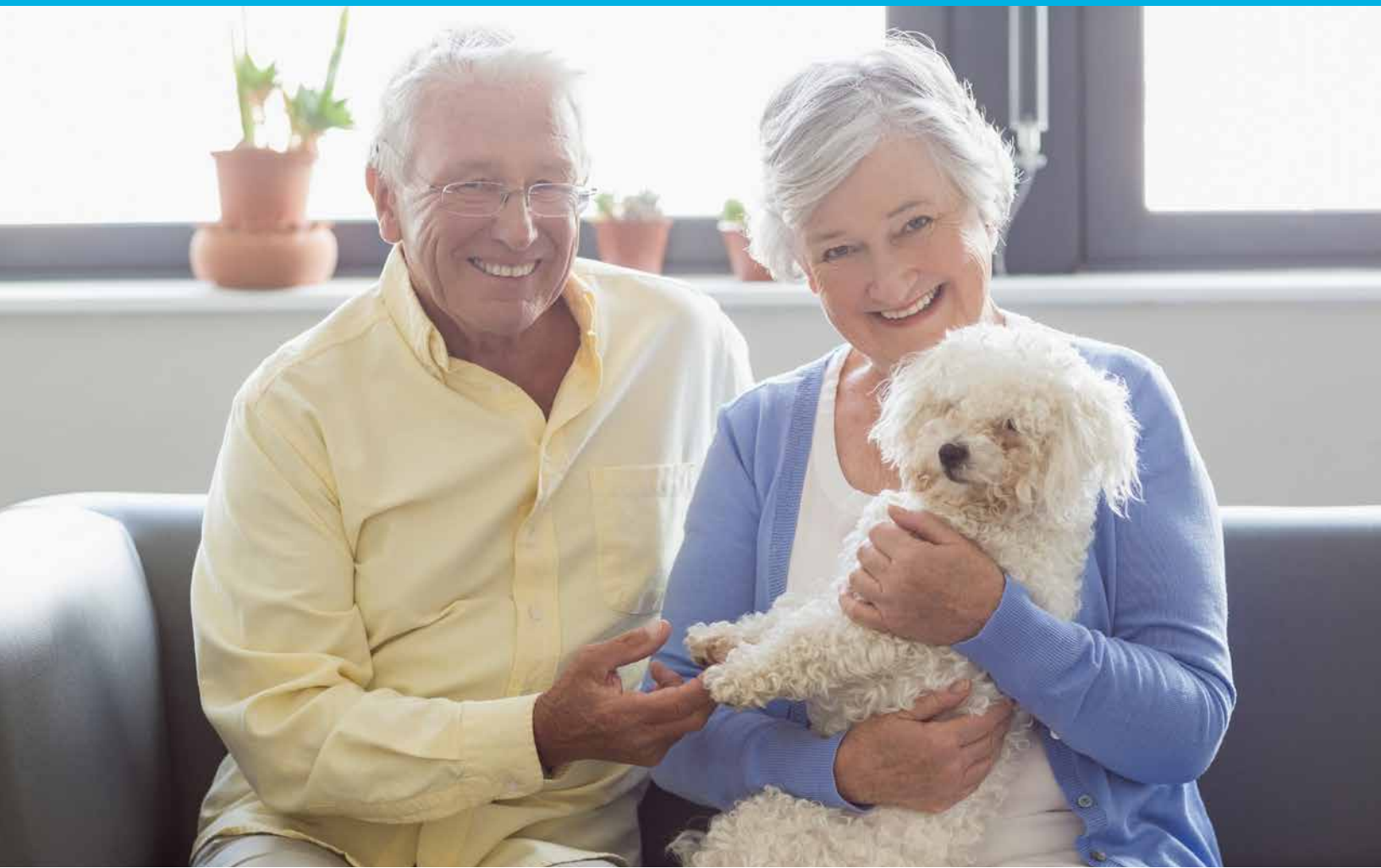
Give Back by Mentoring, Tutoring, and Coaching

Children and young people can benefit from the extra attention that a tutor, mentor, or coach can provide. Whether it's with homework, in an organized sport, or as part of entering the workforce, your experience, wisdom, and maturity can make the difference in their future success. Depending on your experiences and skills, consider reaching out to a local school, youth sports league, or vocational program to see how you can help.

Spreading Your Faith on a Mission Trip

Faith provides a deeper meaning to the lives of many. Most organized religions and denominations in the US not only encourage their members to spread their message to others not only here but abroad, but they also facilitate it through organized mission trips. Check with your local church's leadership about opportunities to serve your church on a mission trip. Sharing your faith with others during retirement can be a very rewarding experience.





Helping Those Less Fortunate: Volunteering at Homeless Shelters and Food Banks

For those of us who have so much, it's easy to forget that others have so little. Volunteering your time at a homeless shelter or food bank by serving meals, washing clothes, sorting clothes, and distributing food items can make a big difference to someone less fortunate, and make you appreciate how fortunate you are.

Fostering a Furry Friend and Other Ways to Help at the Animal Shelter

Every day, sick or injured animals are abandoned at animal shelters and humane societies. They might need some care and nursing to get them back to health so they can then be adopted by loving families. Other opportunities to help at an animal shelter include cleaning kennels and cages, washing bedding, and feeding. The unconditional love that you will get back from the animals can be extremely gratifying.

Take the Time to Find Your Voice

Write the Book You Always Wanted to: Take a Writing Workshop

Do you have an idea for a novel, memoir, children's book, or other book? Have you always wanted to be a published writer? Nowadays, anyone can self-publish a book for digital distribution or as a small-run printing. If you really want to put a polished and professional book out there for the world to read though, it's worth taking some virtual classes from the pros as well as finding a local writers' group. Your local library might be a good place to start, ask the librarian if they know of or host a writers' group. If you're set on writing a certain genre like romance, consider looking into joining their writing association, it can offer resources specific to the genre like workshops and critique groups. Conferences, retreats, and meetups are other opportunities to hone your skills and learn from others. Finally, follow your favorite authors on Facebook. Many of them give a peek into the life of a writer that you may find insightful.





Heavenly Voices: Join Your Church Choir

Are you a “secret singer” that loves to sing in the car or the shower, or maybe you were in the choir in school but didn’t keep up with it when you got out into the real world? Maybe it’s time to find your voice again by joining a church choir! No matter what your level of vocal talent, you will almost certainly find a warm and welcoming group that is willing to help you improve your skills. With practice and dedication, some day you might even sing a solo during church services!

The Stage is Calling! Community Theatre Acting Classes

Have you ever admired the talent of the actors and actresses who perform live on stage? Performing in the theatre isn’t just for professionals. Community theatres all around the country offer classes for all ages to learn the basics and more advanced skills of live theatre. As you build your confidence in classes, you might even decide to audition for a part in an upcoming show. Performing on stage creates life-long bonds of friendship between performers too, so you’ll almost certainly create some new friendships with people of all ages. A quick Google search on community theatres and senior theatre programs will most likely turn up some opportunities in your area!

Newly Single

Support Groups for Newly Divorced Seniors

According to a [Pew Research Center report](#), the divorce rate for adults over fifty has doubled since the 1990s. This trend in “gray divorces” will most likely continue as the stigma of divorce decreases and it becomes more socially acceptable to leave an unsatisfying marriage. The emotional shock that one or both partners experience though may result in isolation and depression, and it may have unseen [consequences to your physical and mental health](#). That’s why finding a support system is important to help you move on. Talk to your doctor, counselor, or spiritual leader about your divorce and ask for a referral to a divorce support group. There are even online support groups that you can participate in online. If you’re suffering emotionally because of your divorce, you owe it to yourself to find help.



Finding Love Again: Dating Tips for Seniors

If you're a recently single older adult, it might have been a long time since you've had your first date. The dating scene is much different than it was in your 20s, but don't fear! Here are some tips for active older adults to find love again in your retirement years!

Dating apps

A [Pew Research Center survey](#) found that 19% of seniors aged 50-64 have used a dating app, and 13% aged 65 and older have. While you've probably heard of mainstream dating sites [match.com](#) and [eHarmony](#), others that are designed specifically for adults fifty and older, including [OurTime](#) and [SilverSingles](#). Check out [AARP's informative guide to online dating apps](#) [here](#).

Active senior living communities

The rate at which single seniors move into senior living is estimated to be as high as 90% compared to couples. That being said, with all those single active older adults living a carefree lifestyle including scheduled activities and meals together, there are ample opportunities to find love again in retirement!

Blind dates

Don't be afraid to tell your friends that you're looking to date again. Chances are, they might know of someone who is also single. A mutual introduction or a blind date can be especially positive because you already have some common ground – the friend who introduced you – and they probably gave some thought to why you and your date might be good together!





What's Cooking? You're Cooking!

Cooking Classes

Making a dish from a cookbook or trying to follow along to a cooking show are fine, but if you're really serious about improving your kitchen skills, a cooking class is for you. Some supermarkets, community colleges, and businesses offer casual classes for the home cook, or stay at home and attend a live class right in your kitchen! Websites like [culine.com](https://www.culine.com) and [cozymeal.com](https://www.cozymeal.com) let you follow along at home as a professional chef prepares the meal. You know the ingredients ahead of time so you can pick up what you need at the store. The best part is that the classes are usually interactive and take place over a video conference, so you can ask the chef questions as you go!



Ready to Make Meal Kits Delivered

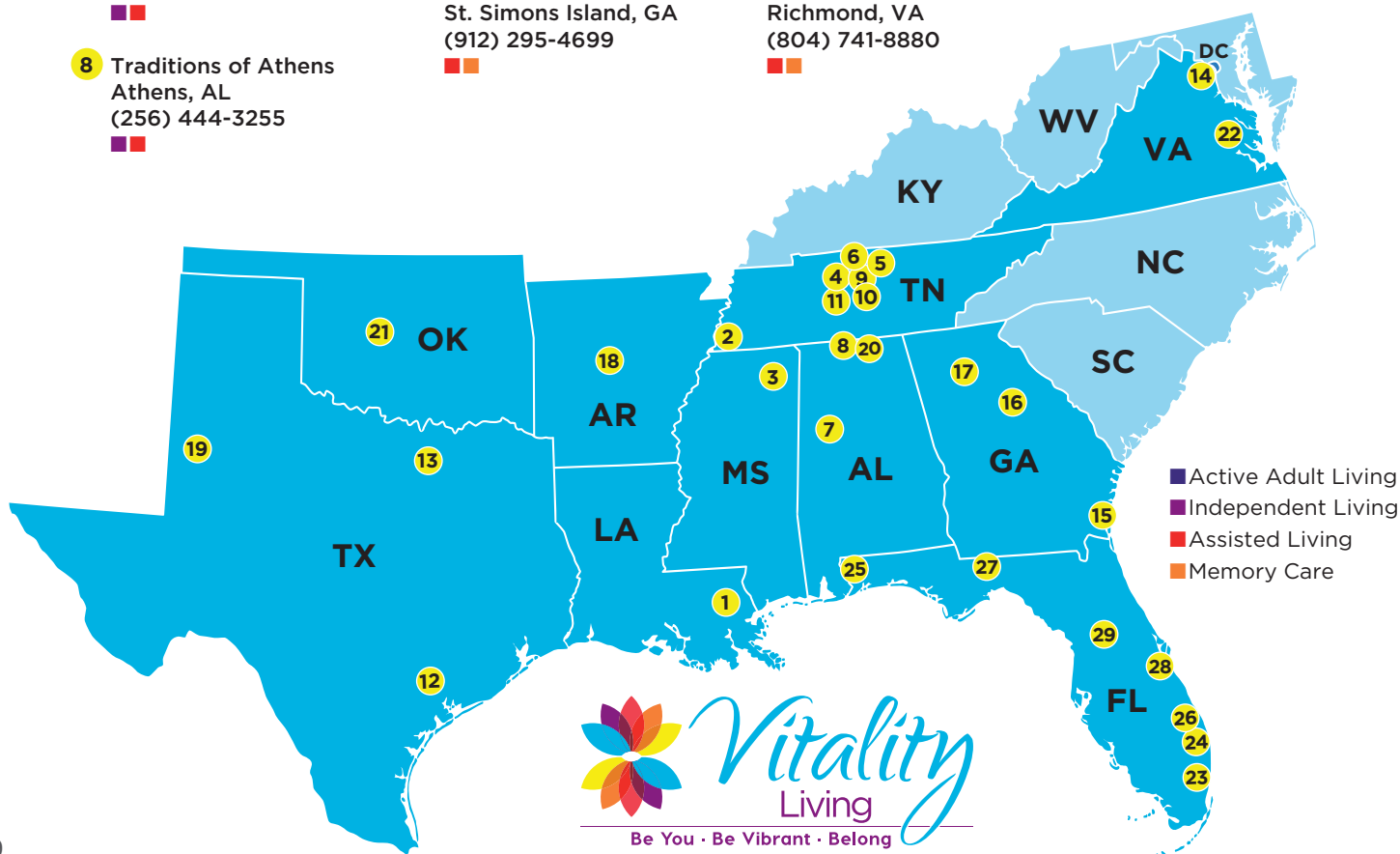
To inject a little variety into your routine of the same dishes you make week after week, try one of the many delivered meal kit companies. There are quite literally more than you can shake a spoon at, with options like ingredients vs. premade, menus for two, four, or more people, skill levels, and just about every cuisine. [Hellofresh.com](https://www.hellofresh.com), [blueapron.com](https://www.blueapron.com), and [dinnerly.com](https://www.dinnerly.com) are some of the more well-known names, but there are many more. Check out this list of the [24 Best Meal Delivery Services and Kits of 2021](#).

Groceries Delivered to Your Door:

It's never been easier to get groceries delivered to your door. If you're not fond of a trip to the supermarket, as a result of the pandemic, many of the regional and national chains now offer convenient online ordering and delivery or pickup options. Simply shop on their website or app and then choose the delivery or pickup option that is best for you. The products available are typically the same as what are in the store, so you can buy fresh dairy, produce, meats and seafood in addition to all your other groceries.

Farmers' markets have gone virtual too. If you enjoy the flavors and freshness your local farmers and producers offer, many online farm-fresh shopping services allow you to choose from the best they have to offer. An added benefit is that you're supporting local producers by buying their products!

- 1 Copeland Tower Living
Metairie, LA
(504) 526-4598
■
- 2 Gardens of Germantown
Germantown, TN
(901) 755-5450
■
- 3 Landmark Lifestyles
at Tupelo
Tupelo, MS
(662) 340-8664
■ ■ ■
- 4 Maristone of Franklin
Franklin, TN
(615) 591-7676
■ ■
- 5 Maristone of
Providence
Mt. Juliet, TN
(615) 758-1237
■ ■
- 6 Maybelle Carter
Madison, TN
(615) 868-2290
■ ■ ■
- 7 Pine Valley
North Tuscaloosa, AL
(205) 349-8700
■ ■
- 8 Traditions of Athens
Athens, AL
(256) 444-3255
■ ■
- 9 Traditions of Mill Creek
Brentwood, TN
(615) 375-3550
■ ■ ■
- 10 Traditions of Smyrna
Smyrna, TN
(615) 925-3373
■ ■
- 11 Traditions of
Spring Hill
Spring Hill, TN
(931) 451-0009
■ ■
- 12 Vitality Court
Victoria, TX
(361) 500-6651
■ ■
- 13 Vitality Court
Texas Star
Allen, TX
(972) 678-5400
■ ■
- 14 Vitality Living
Arlington
Arlington, VA
(703) 294-6875
■ ■
- 15 Vitality Living
Frederica
St. Simons Island, GA
(912) 295-4699
■ ■
- 16 Vitality Living Madison
Madison, GA
(844) 449-9355
■
- 17 Vitality Living Milton
Milton, GA
(678) 765-9882
■ ■
- 18 Vitality Living
Pleasant Hills
Little Rock, AR
(501) 225-9405
■ ■
- 19 Vitality Living
Shadow Hills
Lubbock, TX
(806) 799-4225
■ ■
- 20 Vitality Living
Upland Park
Huntsville, AL
(256) 384-4082
■ ■ ■ ■
- 21 Vitality Living Village
Oklahoma City, OK
(405) 751-8430
■ ■
- 22 Vitality Living
West End Richmond
Richmond, VA
(804) 741-8880
■ ■
- 23 YourLife Coconut Creek
Coconut Creek, FL
(954) 228-6252
■
- 24 YourLife Palm Beach
Gardens
Palm Beach Gardens, FL
(561) 246-6102
■ ■ ■
- 25 YourLife Pensacola
Pensacola, FL
(850) 203-4053
■
- 26 YourLife Stuart
Stuart, FL
(772) 207-4191
■
- 27 YourLife Tallahassee
Tallahassee, FL
(850) 347-0993
■ ■
- 28 YourLife West Melbourne
Melbourne, FL
(321) 422-2594
■
- 29 YourLife Wildwood
Wildwood, FL
(352) 432-1867
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To learn more or to arrange a personalized tour please call **615-538-3200**



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