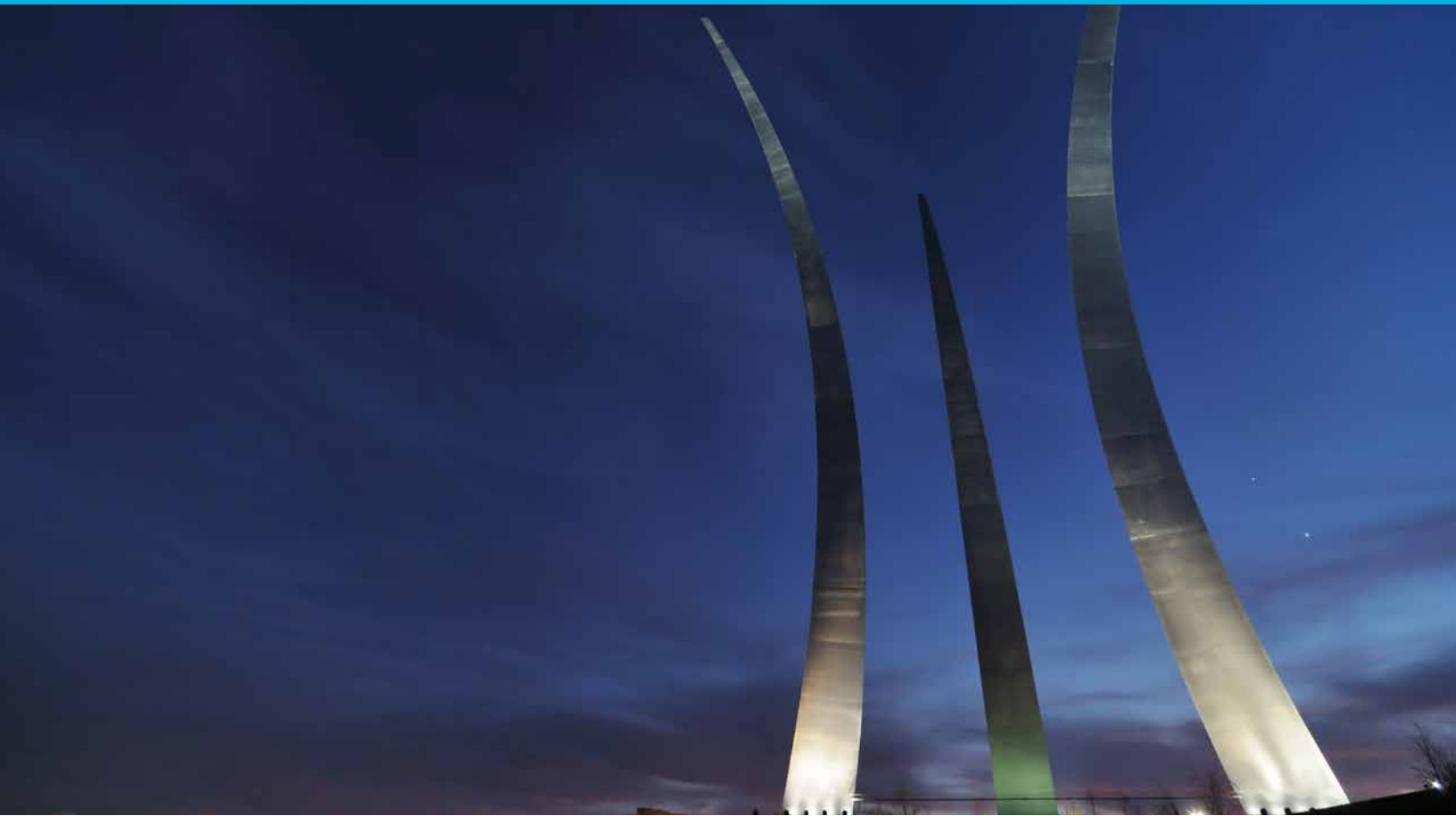




A Guide to Living Well During Retirement in Arlington, Virginia

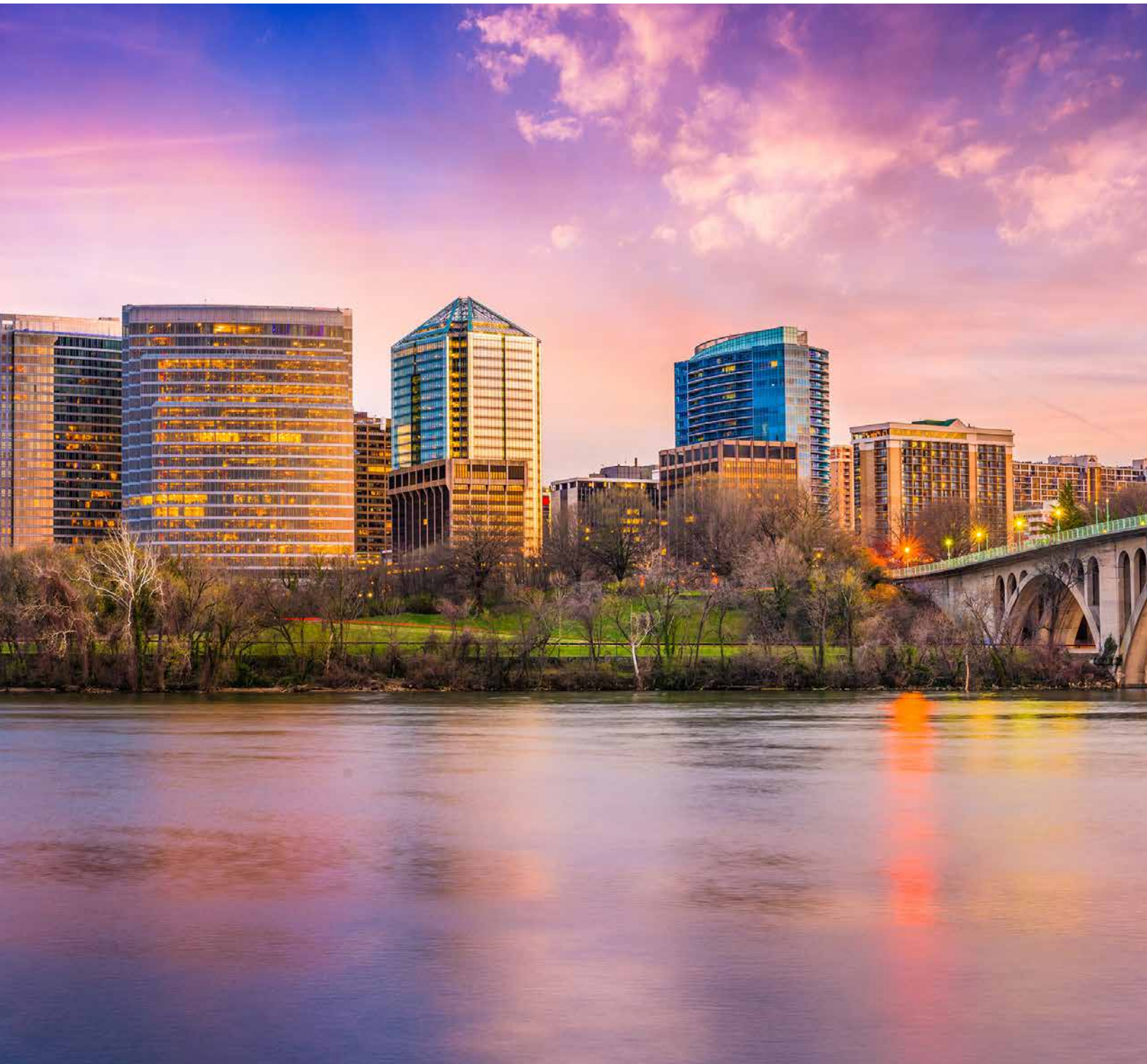


Find Your Vitality in Arlington, Virginia

Connection, energy, and purpose are the cornerstones of a satisfying life. Every day at Vitality Living Arlington — we focus on these three pillars through a program — we call Vivid Life. Wherever you or your loved one are in life's journey, you'll find a community ready to embrace your unique story. Our goal is to empower our residents each day by fostering Vibrant Connections in our community, engaging the brain with Vibrant Mind activities, and encouraging daily movement through our Vibrant Bodies programs.

Vitality Living Arlington offers the highest quality in living accommodations, culinary experiences, social engagements, and health and well-being services—all performed by knowledgeable and caring team members. We know each resident, their life story, familiar routines, and lifelong passions, and can weave connection, energy, and purpose into each day.

New to Arlington? Located across the Potomac River from Washington, D.C., Arlington is notable for being the home of the Arlington National Cemetery and the Pentagon. There are many other reasons to consider relocating to Arlington during retirement. From an abundance of cultural events to a wide variety of fitness opportunities, here's what older adults should know about the city.





BE YOU, BE VIBRANT, BELONG:

Live Life Connected

The freedom gained during retirement means more time to relax and reconnect with favorite pastimes. It's also a time to explore new destinations and discover new passions. Arlington offers many opportunities to do just that:

Destinations

Arlington hosts several destinations of historical significance, including Arlington National Cemetery, U.S. Marine Corps War Memorial, Arlington House Museum, and the Pentagon. All make for engaging and educational outings.

Festivals

Arlington hosts a number of festivals throughout the year. Highlights include Clarendon Day, a diverse street festival that takes place in September each year – easily within walking distance of Vitality – and the Fall Heritage Festival, held in October at the historic Walker Log House. Ballston Quarter holds several events throughout the Fall, including a Pop-Up Pumpkin Patch and Fall Market.

Arts

Arlington has a vibrant live theatre scene. Fans of live theatre can take in performances at Thomas Jefferson Community Theatre, Signature Theatre and the Kennedy Center. There are of course many world-class theatres, museums, and cultural centers across the Potomac in Georgetown and Washington, D.C.

Learning

Arlington's Central Public Library is a short distance from the community and offers in-person and online events including book clubs and language and technology classes.



Retirement in Arlington, Virginia

Restaurants

Arlington has no shortage of restaurants to suit every palate. Casual options nearby include local choices like Starbucks and Sweet Leaf Cafe, and chains like Uncle Julio's, Sweetgreens, Shake Shack. Fine dining choices include Medium Rare, Pamplona, CIRCA at Clarendon, Rustico Ballston, and Grand Cru Wine Bar & Bistro. Northside Social Coffee and Wine is a great choice for coffee, and it has a wine bar upstairs. Ballston Quarter is another great place to grab a quick bite.

Fresh & Local

Looking to add more fresh fruits and veggies into your diet? FRESHFARM Ballston Farmers' Market is held Thursday afternoons between April and November at Welburn Square, and there's a Farmer's Market every Saturday in the summer.

Fitness & Swimming

Nearby YMCA Arlington offers health and wellness programs, and sports and wellness programs including aquatics and group exercise classes. Unity Woods Yoga Center and Mind the Mat Yoga and Pilates Center are private studios where you can practice yoga at any level. Private fitness centers in the area include Gold's Gym, SPENGA, VIDA Fitness, and Onelife Fitness.



Walking Trails

Arlington's climate allows for outdoor activities most of the year. The Potomac Heritage Trail and the Mt. Vernon Trail lines the bank of the Potomac River and presents incredible views of the nation's capital while you get in your daily steps. The WNL trail is another great option located in our vicinity.



Back to Nature

For many seniors, the spiritual rewards gained from connecting with nature make for more purposeful days. 67-acre Potomac Overlook Regional Park offers miles of trails with displays to learn about Northern Virginia's flora and fauna, an educational organic vegetable garden, demonstration gardens showcasing native plants and insects, and live animal displays. The park's James I. Mayer Center for Environmental Education is the place to learn about the connections between humans and the natural world, and houses live native animals, an interactive augmented reality watershed exhibit, and more. The park also hosts an outdoor summer concert series. It's a great place to nurture the mind and spirit while also reaping physical fitness benefits.

Volunteer Opportunities

Research shows that older adults who volunteer live longer, healthier lives. Senior volunteers have lower mortality rates, fewer incidences of depression, and better functional abilities. You can search for opportunities on [Volunteer Arlington's website](https://www.volunteerarlington.org/).

Religious Organizations

There are many opportunities to worship in the area. Wilson Boulevard Christian Church, St. George's Episcopal Church, San Jose Episcopal Church, Clarendon United Methodist Church, St. Timothy and St. Athanasius Coptic Orthodox Church, Clarendon Presbyterian Church, Faith Lutheran Church, Congregation Etz Hayim, and Dar Al- Hijrah Islamic Center are all within a short distance of the community.

Friendships

Building new social networks during retirement helps seniors reap the mental and spiritual benefits that stem from staying connected with peers as you age. Greater life satisfaction and lower rates of depression are both linked to having close friends. Madison Senior Center, Falls Church Senior Center, Aurora Hills Senior Center, Gunston Senior Center, and Bailey's Senior Center are all places where seniors can make new friends and participate in recreational, fitness, and educational programs at each one.





Vitality Living Arlington

Arlington, Virginia has so much to offer residents and visitors alike. Ready to learn more and see our community for yourself? We invite you to schedule a time for a private tour today to get to know us and picture yourself at Vitality Living Arlington.

At Vitality Living Arlington, we empower older adults to advance their own health and well-being by creating vibrant lifestyles that inspire creativity, support choice, protect dignity, and celebrate experience. Our team members are dedicated to creating an environment that empowers each resident to live their very best life.



Vitality Living Arlington

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To learn more or to arrange a personalized tour please call **703-294-6875**



www.myvitalityliving.com