



A Guide to Living Well During Retirement in Elizabethtown, Kentucky



Find Your Vitality in Elizabethtown, Kentucky

Connection, energy, and purpose are the cornerstones to a satisfying life. Every day at Vitality Living Elizabethtown, we focus on these three pillars through a program we call—*Vivid Life*. Wherever you or your loved one are in your life's journey, you'll find a community that's 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 Brain*, *Vibrant Mind* activities, and encouraging daily movement through our *Vibrant Bodies* programs.

Vitality Living Elizabethtown offers the highest quality in living accommodations, culinary experiences, social engagement, and health and well-being services—all performed by knowledgeable, 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 Elizabethtown? Located in central Kentucky, near Fort Knox and Louisville, Elizabethtown is the 11th largest city in the state (with about 30,300 residents), and the county seat of Hardin County. With hot summers and cool winters, Elizabethtown is a great place to live and enjoy fun, both indoors and out, year-round.

The city dates to 1797 and was named for the wife of its founder, Colonel Andrew Hynes. Elizabethtown was also the site of a historic Civil War battle.

Today, Elizabethtown is flourishing, thanks to strong business in manufacturing, government, transportation, education, health, and hospitality. There are many reasons to consider relocating to Elizabethtown during your retirement years. From an abundance of cultural events to a variety of fitness opportunities, there's much for older adults to appreciate about this vibrant city. Read on to learn more about the unique opportunities life in Elizabethtown has to offer.





BE YOU, BE VIBRANT, BELONG:

Live Life Connected

The freedom gained during retirement means more time to relax and reconnect with your favorite pastimes. It's also a time to explore new destinations and discover new passions. Elizabethtown offers many opportunities for you to do just that. Here are a few of the singular leisure activities Elizabethtown has to offer:

Destinations

One of the most historic places in town is the [Brown-Pusey House](#). Built in 1825, General Custer and his wife once resided in a cottage on the property. Now a museum and genealogical library, it's a great place to spend an afternoon. A few miles south in Munfordville, [Kentucky Stonehenge](#), and it is listed in *Atlas Obscura* and is filled with monolithic stone creations that are awe-inspiring. Yet another nearby historic site is [Old Bardstown Village](#). Located in nearby Bardstown, it features a Civil War museum, a dedicated women's museum, and ten original 18th and 19th-century log cabins. While there, take a stroll through the [General Hal Moore Military Museum](#) for exhibits ranging from the Revolutionary War to battles in the Middle East. Each one of these sites make for a fun, engaging outing.

Festivals

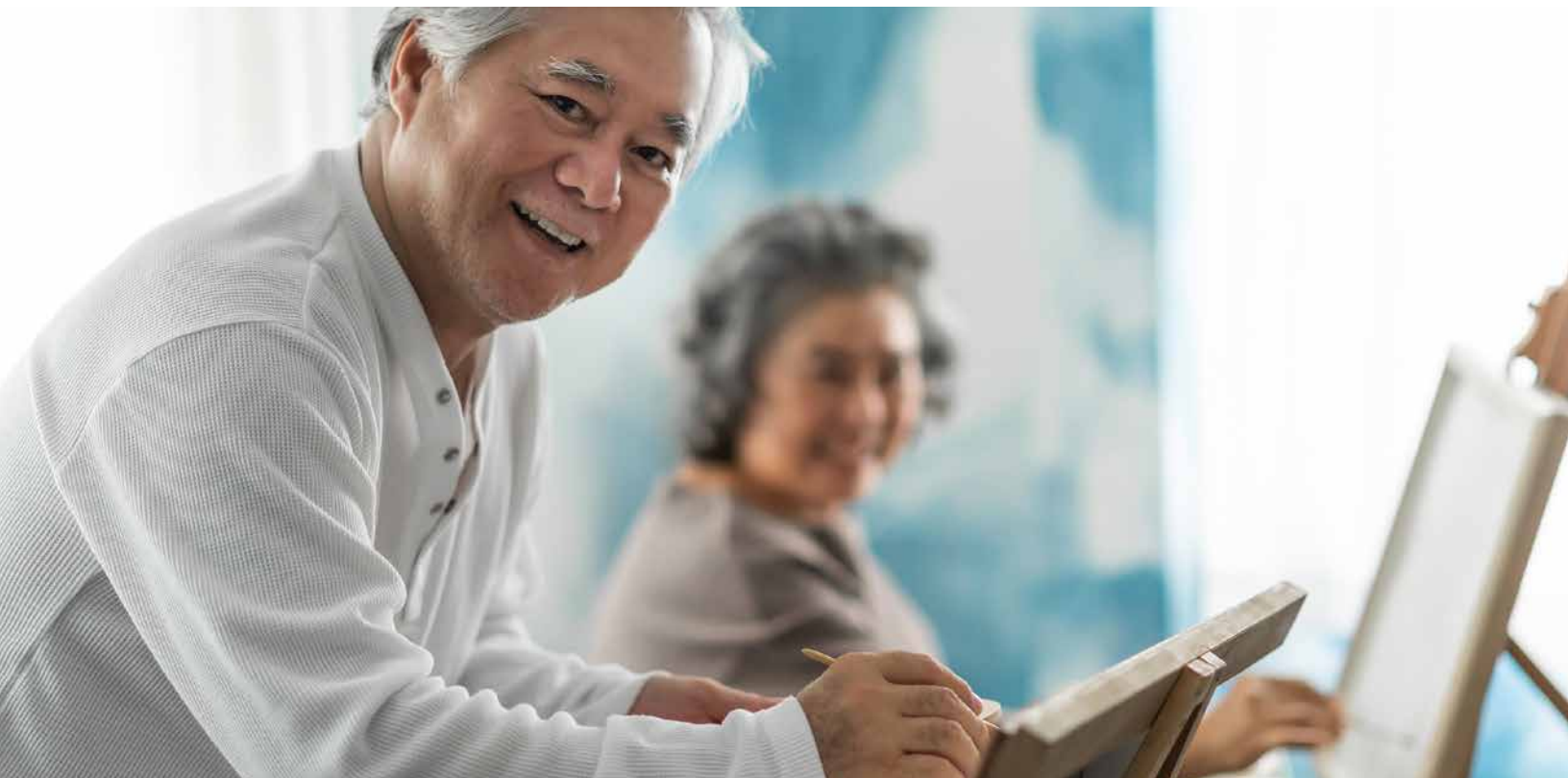
Keep life fun, by attending one of the many area festivals. Among these are the annual [Festival of Trees and Trains](#) in Ashland each November at the [Paramount Arts Center](#). This particular fete features entertainment, decorated trees, trains, shopping, and fun for all. If you love bluegrass, make the drive to Owensboro for [ROMP Fest](#) in June. This festival boasts events including music, dance, workshops, food, and crafts. Craving more live music? The [Thunder Music Festival](#) in Gallatin Pike, Tennessee in October is a wonderful fall excursion for country music fans.

Arts

Looking for an artistic endeavor to enjoy? Look no farther than [Hardin County Schools Performing Arts Center](#) for live dance, concerts, and theater, presented by talented local young people. Also close by is the [Swope Cars of Yesteryear Museum](#), which offers guided tours of amazing vintage and antique cars from the 1900s to the 1960s. Best of all, there's no admission charge! Another must-see is the [Lincoln Museum](#) in Hodgenville. This facility showcases exhibits spanning the life of our nation's 16th president, including civil war collections, Lincoln art, and even an exhibit of his funeral train.

Learning

Make the most of life by continuing to learn at the [Society for Lifelong Learning](#), located at Western Kentucky University. Members here can take courses, attend special events, and join interest groups on the Bowling Green campus.



Retirement in Elizabethtown, Kentucky

Restaurants

Elizabethtown has no shortage of restaurants to suit every palate. Casual options include: [Back Home](#) offers a classic comfort fare & crafts for sale, [Pappaw's BBQ and More](#); [Mi Jalisco](#), for authentic Mexican fare; or [The Original Impellizzeri's](#), for pizza, subs, bruschetta, and other Italian cuisines. Fine dining choices include [Ocean Prime](#) for seafood, steaks, and award-winning wine; nearby Louisville's [The Village Anchor](#), for fresh southern-American; and [211 Clover Lane](#), for continental cuisine and Sunday brunch. For a visit with friends over coffee, try Pea Pod Café or [Vibe Coffee](#), or enjoy sampling the libations at [Waters Edge Winery & Bistro of Etown](#), or [Flywheel Brewing](#).

Fresh & Local

Looking to add more fresh fruits and veggies into your diet? Get the freshest options close to home at the [Hardin County Farmers Market](#), here, you'll find offerings of produce, as well as meat, eggs, baked goods, and more. You can also take advantage of their special hours during the holidays. Another great choice is [Hinton's Orchard & Farm Market](#) for fresh-picked fruits and vegetables, food products, gift items, Christmas trees, and fruit baskets.

Fitness & Swimming

To stay fit in or out of the pool, [Etown Swim & Fitness](#) is a great choice. During the summer months, you can also enjoy a swim at [Freeman Lake Park](#). Get and stay fit at Emerge Health & Fitness, this facility boasts



diverse classes and instructors. Or, try [Planet Fitness](#) for fitting in a workout anytime. For those who love yoga, try [KARMA Yoga](#) or [Tranquility Yoga and Massage LLC](#), both of which offer a variety of classes for every skill level.

Walking Trails

Elizabethtown's climate allows for outdoor activity most of the year. Among the many options include walking on one of the beautiful trails along the [Greenbelt Trail](#) system; here, you may enjoy the 4.7 mile [Freeman Lake Trail](#) or the shorter, 2,775-foot [John Helm Trail](#), both of which are located in town. For a longer trek, the [Buffalo Lake Walking Trail](#) offers 10 miles of wooded trails with bridges, wildlife, and benches for when you'd like a rest.



Back to Nature

For many seniors, the spiritual rewards gained from connecting with nature make for more purposeful days. [Bernheim Arboretum & Research Forest](#) offers over 16,000 acres of land to explore with giant forest sculptures carved out of wood. The [Freeman Lake Park](#) trail system is an excellent choice to enjoy nature, with options for hiking, fishing, or kayaking on the 170-acre lake. This trail system is also connected to the [Elizabethtown Nature Park](#), which includes walking trails and the [Vietnam Veterans Memorial Wall and Monument](#). For an immersive nature experience, try the [Louisville Nature Center](#), which offers wildlife, wildflowers, birdwatching, gardens, and trails for visitors to enjoy. For a lovely day trip, check out the [Yew Botanical Gardens in Crestwood](#), which boasts beautiful gardens as well as educational programs and community events. For golfers, there's no shortage of options as well, including the 18-hole [Lincoln Trail Golf Course](#) or the municipal [American Legion Par 3 Course at American Legion Park](#). It's yet another great way 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 related opportunities on [greatnonprofits.org](#), or the local [Retired Senior Volunteer Program](#). The American Legion Post 113 is a non-profit veteran organization with several volunteer opportunities. You can also contact local charities and nonprofit organizations, like [Feeding America Kentucky's Heartland](#), [United Way of Central Kentucky](#), or [Hardin County Habitat for Humanity](#).

Religious Organizations

Places of worship are an important part of the culture in and around Elizabethtown, and include: Severns Valley Baptist Church, Northside Baptist Church, Crossroads Baptist Church, The Journey Baptist Church, St. James Catholic Church, First Apostolic Church (Pentecostal), First Presbyterian Church, Memorial United Methodist Church, Metropolitan Community Church (non-denominational), Grace Heartland Church (non-denominational), Christ Episcopal Church, Elizabethtown Seventh-Day Adventist Church, Evangel World Prayer Center-Elz, Gloria Dei Lutheran Church, Chatrapati Shivaji Maharaj Mandir Hindu temple, Hindu Temple of Kentucky, Islamic Center of Elizabethtown, and the Vietnamese Buddhist Temple Association.

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. Maintaining close friendships is also linked to greater life satisfaction and lower rates of depression in this population. To meet new people and have fun, the [Hardin County Senior Center Griffon Manor](#) is close by. Here, seniors can make friends and participate in recreational, fitness, and educational programs.





Vitality Living Elizabethtown

It's clear that Elizabethtown, Kentucky has so much to offer residents and visitors alike. Are you 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 your new life at *Vitality Living Elizabethtown*.

At *Vitality Living Elizabethtown*, we empower older adults to advance their 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 Elizabethtown

133 Heartland Drive
Elizabethtown, KY 42701
270-360-8001



To learn more or to arrange a personalized tour please call **270-360-8001**



www.myvitalityliving.com