



A Guide to Living Well During Retirement
in Louisville, Kentucky



Find Your Vitality in Louisville, Kentucky

Connection, energy, and purpose are the cornerstones to a satisfying life. Every day at Vitality Living Springdale, 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 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 Springdale 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 are able to weave connection, energy, and purpose into each day..

New to Louisville? The largest city in the Commonwealth of Kentucky (with a population of almost 783,000), Louisville is a vibrant and diverse place to live, and is known as a Healthcare hub, with several hospital systems and healthcare companies making their national headquarters here, as well as research facilities. Founded in 1778 by George Rogers Clark, it is located in central Kentucky on the Indiana border and has a varietal, subtropical climate with hot summers and cool to cold winters.

Steeped in history, Louisville was named for King Louis XVI of France and grew quickly, thanks to its proximity to the Falls of Ohio River and the need to unload boats before said falls.

Perhaps known best for the Kentucky Derby, Louisville has experienced revitalization, modernization, and growth. Today, this vibrant city is a hub of industry, retail, commerce, and shipping, soaring to its rank as the seventh-largest port in the U.S. There are many other reasons to consider relocating to Louisville during retirement. From an abundance of cultural events to a wide variety of fitness opportunities, read on to find out more about what older adults should know about this exciting 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. Louisville offers many opportunities to do just that. Here are a few to consider:

Destinations

Feeling adventurous? The [Louisville Mega Cavern](#) is an amazing 17-mile man-made maze of caves under the city, offering a variety of activities, from walking tours to zip lines. You don't have to wait for derby day to tour [Churchill Downs Racetrack®](#) or take in the history at the [Kentucky Derby Museum](#). If you'd rather relax, you can take a ride on the [Trolley de'Ville](#), for public or private narrated tours of Louisville. For a sunset walk over the Ohio River, [Big Four Bridge](#) pedestrian walking bridge offers just that! All make for fun, engaging outings.

Festivals

Louisville is home to a variety of festivals, including the [Gaslight Festival](#) and the [Big Four Arts Festival](#) both happening in September and the [Wild Lights at the Louisville Zoo Festival](#), which runs mid-March through May 30th. You can get ready for the holidays at the [Fête De Noel Festival](#) in November, where visitors can ice skate, shop, eat, and more!

Arts

For live stage performances, the [Bunbury Theatre](#) in the historic Henry Clay Building offers a variety of performances. Looking for instrumental music, [The Louisville Orchestra](#) is located in the heart of Louisville on W. Main St. For baseball buffs, the [Louisville Slugger Museum & Factory](#) holds live demonstrations and is full of history, dating back to the sport's beginnings. Another wonderful stop is the [Carnegie Center for Arts & History](#), which offers exhibitions, events, and educational opportunities. Yet another memorable stop is the [Muhammad Ali Center](#), which includes an interactive museum, educational programming, and events for visitors of all ages. [The St. James Court Art Show](#) is held annually on the first weekend in October in our historical Old Louisville neighborhood, featuring over 600 artists from across the country surrounded by many turn-of-the-century mansion houses.

Learning

For those who love to learn, the Louisville Free Public Library offers a [LinkedIn Learning](#) program, an online learning program with more than 16,000 free classes. All you need is your library card.



Retirement in Louisville, Kentucky

Restaurants

Louisville has no shortage of restaurants to suit every palate. Casual options include [Feast BBQ](#), [Moya's American Kitchen](#); Naive Kitchen + Bar for vegetarian options; and [Lou Lou Food + Drink](#) for Southern cuisine and great wines. Fine dining choices include [211 Clover Lane](#) for elegant Continental and Sunday brunch; [Vincenzo's](#) for authentic Italian; or [La Chasse](#) for European cuisine. Take a break over a cup of coffee at [Fante's Coffee](#) or [Sunergos Coffee](#), or, for something stronger, try [Cuvée Wine Table](#) or [Holsopple Brewing](#).

Fresh & Local

Looking to add more fresh fruits and veggies to your diet? Check out local farmers markets, like [St. Matthews Farmers Market](#), which is open through late September and offers produce, food, and more. Another option is the [East End Farmers Market](#), which offers produce and products at one location during summer and pop-up markets during the winter.

Fitness & Swimming

Take your workout to the next level at [Fitness 19 Lime Kiln Lane](#), or try [Esporta](#) for personal training, fitness classes, and swimming. The [Mary T. Meagher Aquatic Center](#) is another great choice for laps, classes, and exercise for water lovers. Plenty of Yoga studio options are also available, including [Yoga East](#) and [Bend and Zen Hot Yoga](#).



Walking Trails

Louisville's climate allows for outdoor activity most of the year, so why not take a walk? For a short 2-mile walk, check out [Anchorage Trail](#). The [Jim King Trail](#) is just 1.7 miles and near the Louisville Zoo. For more fun downtown, the Ohio River Levee Trail and Riverwalk in the [Louisville Loop](#) offers breathtaking views along the river. [Jeffersontown Veterans Memorial Park](#) was the first park in Kentucky to be dedicated to veterans. It is located on 25 beautiful acres and offers open green spaces that are ideal for recreational activities.



Back to Nature

For many seniors, the spiritual rewards gained from connecting with nature make for more purposeful days. [The Parklands of Floyd's Fork](#) is a connected package of spaces, designed for visitors to enjoy nature in all seasons. Planned activities are also offered here, to enhance your visit. [The Olmstead Park Conservancy](#) also provides a variety of parks, throughout Louisville, for nature lovers of all kinds. These include gardens, trails, and athletic facilities. For birdwatchers, schedule a tour at [Raptor Rehabilitation of Kentucky, Inc.](#), or spend a day at the [Louisville Nature Center](#), for nature sightings in the sky and on the ground. To catch the one that got away, [Wavery Park Lake](#) is a great choice for fishing off the bank, pier, or boat. If you prefer to get your nature fix on the links, [Sleepy Hollow Golf Course](#) is a public, 9-hole option. Or, you can try out the full 18-hole [Seneca Golf Course](#), distinguished as one of the toughest courses in KY. 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 opportunities on the city's [Senior Volunteer Opportunities](#) website, or contact local organizations like Meals On Wheels, United Way, Habitat for Humanity, or the local animal shelter.

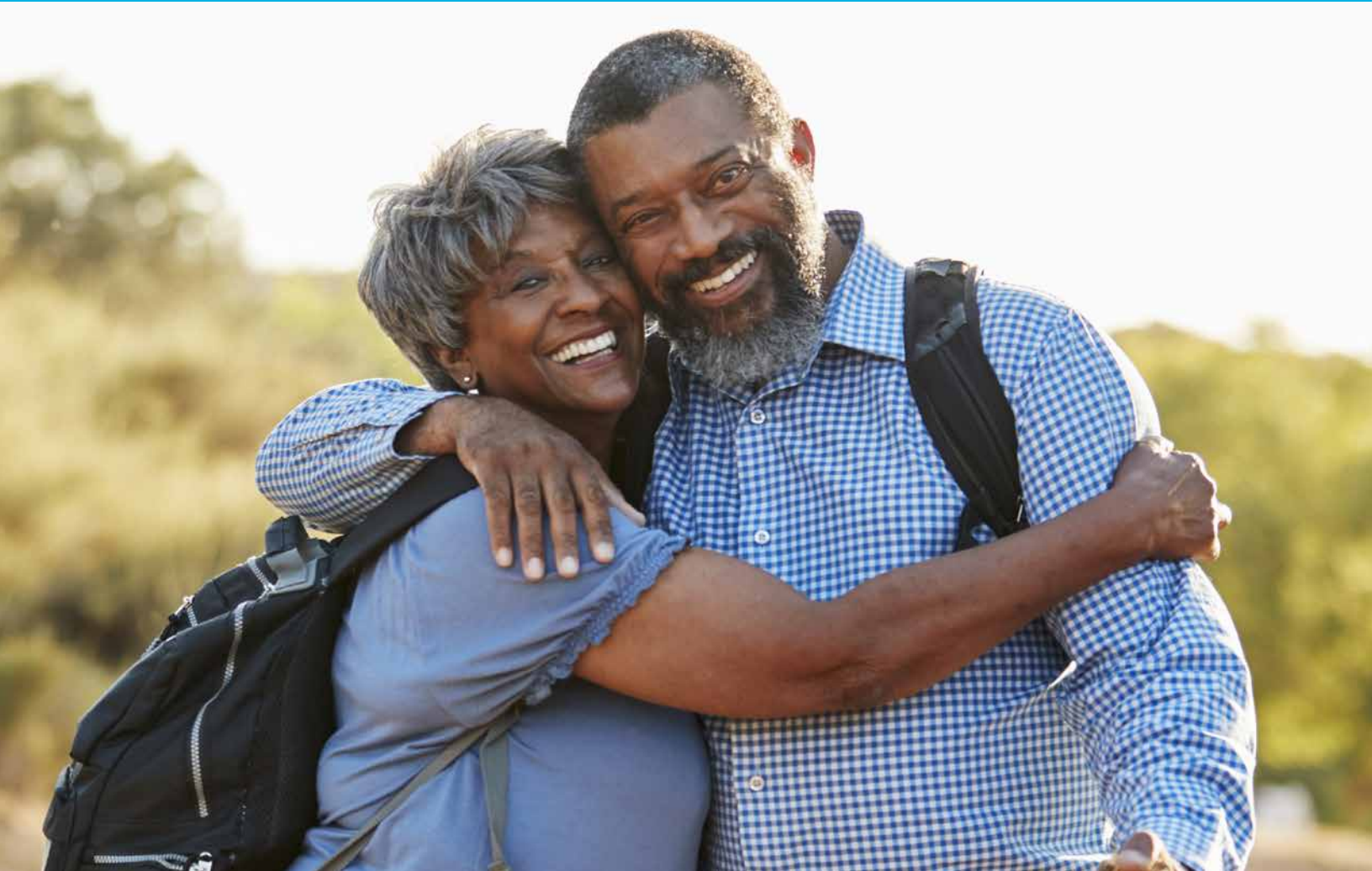
Religious Organizations

Places of worship in Louisville include: Southeast Christian Church (non-denominational), Anchor Bible Church, Ascension Lutheran Church, Broadway Temple AME Zion Church, Buechel United Methodist Church, Eastern Heights Baptist Church, Hindu Temple of Kentucky, Hope Lutheran Church, Lyndon Christian Church (non-denominational), Louisville Islamic Center of Compassion (River Road Mosque), Middletown Christian Church (Disciples of Christ), New Life Church (non-denominational), St. Bernadette Catholic Church, St. Luke's Episcopal Church, St. Matthew's Baptist Church, St. Gabriel Catholic Church, St. Patrick Catholic Church, St. Thomas Episcopal Church, Strathmoor Presbyterian Church, The Church of Jesus Christ of Latter-day Saints, The Muslim Community Center of Louisville, and The Temple - Congregation Adath Israel Brith Sholom Synagogue.

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 friendships. Among the choices to expand your social circle are the Shaffer Enrichment Center and [Jeffersontown Senior Center](#), where seniors can make new friends and participate in recreational, fitness, and educational programs.





Vitality Living Springdale

Louisville, 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 start picturing yourself at Vitality Living Springdale.

At Vitality Living Springdale, 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 Springdale

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To learn more or to arrange a personalized tour please call **502-412-0222**



www.myvitalityliving.com