



A Guide to Living Well During Retirement in Milton, Georgia

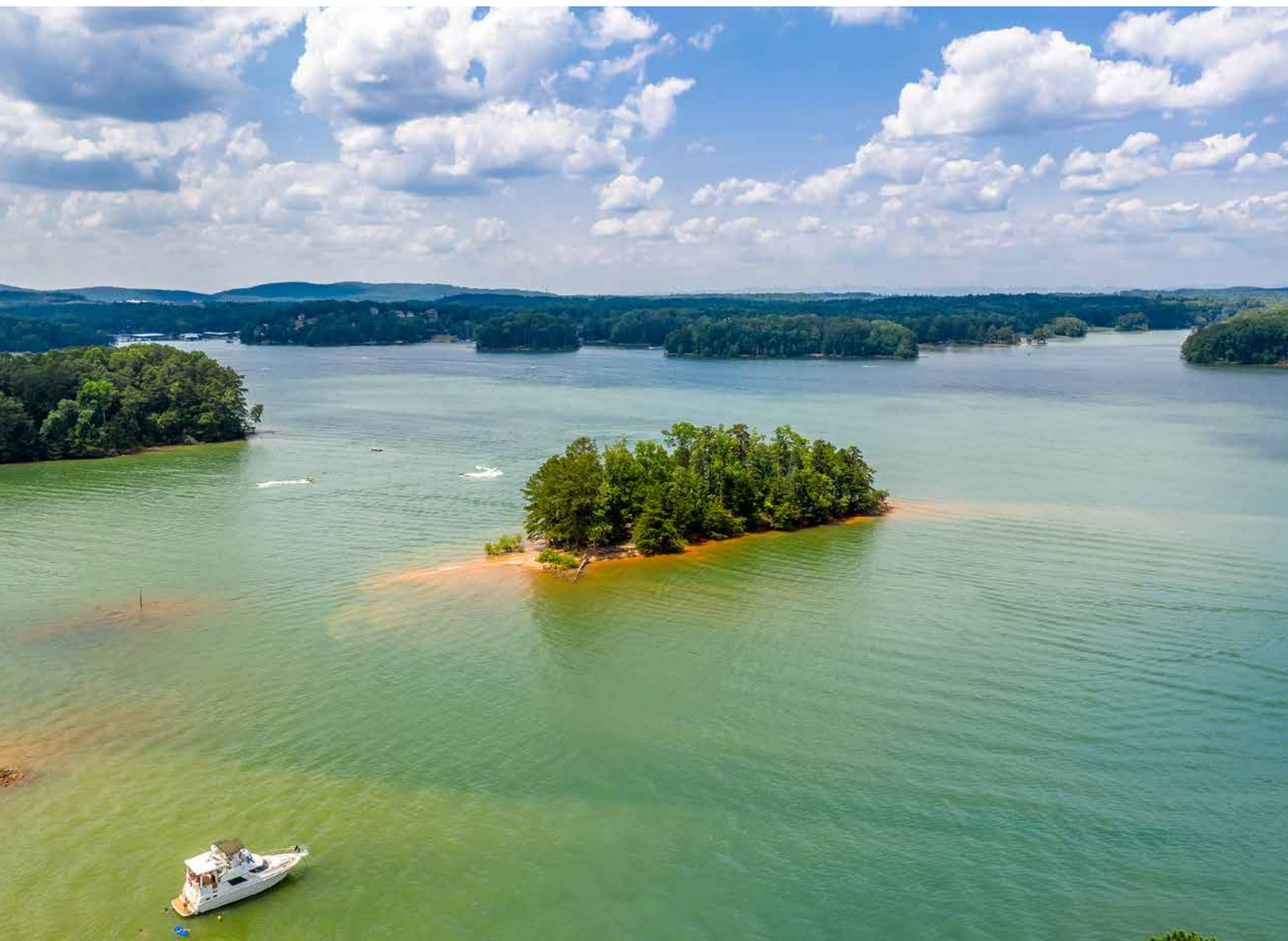


Find Your Vitality in Milton, Georgia

Connection, energy, and purpose are the cornerstones of a satisfying life. Every day at Vitality in Milton, Georgia, 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 in Milton, Georgia 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 Milton? Welcome to central-northern Georgia, where Milton is located in beautiful Fulton County. The city itself was incorporated in 2006, but the area has roots back to the Civil War and beyond. With a diverse population of almost 40,000, Milton was named for John Milton, an officer in the Revolutionary War who became Georgia's first Secretary of State. Just 30 miles north of Atlanta, Milton boasts both a rural heritage and a nearby urban connection, as well as being one of the wealthiest cities in the state. In 2019, the city was ranked the best place to live in Georgia and is also among the safest. The weather in Milton is also lovely with hot summers and cool winters and lots of sunshine year-round. Today the economy of Milton is driven primarily by professional, scientific, and technical services with additional industries in finance and insurance, health care, social services, and utilities. There are many other reasons to consider relocating to Milton 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. Milton offers many opportunities to do just that:

Destinations

Archibald Smith Plantation in nearby Roswell is a not-to-be-missed historic landmark dating from the mid-1800s that stands as a testament to the history of the area and the legacy of slavery. The site includes the original home built in 1845, servants' quarters and other fascinating buildings. To start a new holiday tradition, Santa's Village is a wonderland of beautiful Christmas displays lit up by an estimated 12,000 lights powered by more than a half-mile of wiring! The site is open starting Thanksgiving evening and donations are used to buy gifts for Toys for Tots. One of Georgia's most exciting venues is the Georgia Aquarium in Atlanta where visitors can view and learn about a variety of sea life including the new Sharks! Predators of the Deep® Gallery. Enjoy just strolling through the aquarium or take in one of the many presentations and events. All make for fun, engaging outings.

Festivals

Right at home in Milton, the Crabapple Fest combines food, arts, and antiques into a weekend of fall fun each October. Rain or shine, the festival showcases more than local 100 antique and art vendors and offers something for visitors of all ages. In August, take a drive to the Pigs & Peaches BBQ Festival in Kennesaw, offering a great time for everyone with free admission, cooking contests, vendors, and live entertainment that includes music, ensembles, and special family-friendly options. Also in August, try the Atlanta Dogwood Festival, with art in every form from dance to music to an artist market. There's also lots of food to enjoy and even a 5k run.

Arts

For lovers of fine art, the Zuckerman Museum of Art at Kennesaw State University offers extraordinary exhibitions in a range of media, as well as events that include yoga, dance, and drawing. For techies, the Computer Museum of America in Roswell presents one of the world's largest collections of computer relics, as well as scheduled demonstrations and exhibits. Live theater is also an option at the Georgia Ensemble Theatre in Roswell, which presents a full agenda of performances including comedies, dramas, musicals, and more.

Learning

Love to learn? Check out the Osher Lifelong Learning Institute (a.k.a. OLLI) at Emory University in Atlanta. Offerings include full courses, one-day courses, and online courses for those 50+. Another option is the Osher Lifelong Learning Center at Clemson University in Clemson, South Carolina, which also offers international travel in the mix.



Retirement in Milton, Georgia

Restaurants

Milton has no shortage of restaurants to suit every palate. Casual options include 7 Acre BarnGrill for New American fare, The Union for American, Minstons Jamaican Deli for Jamaican cuisine, or Fry Me 2 The Moon for seafood and burgers. Fine dining choices include Milton's Cuisine & Cocktails offering locally sourced New Southern cuisine, Cabernet Steakhouse in Alpharetta for steaks and seafood, The Capital Grille in Dunwoody for American, and Nan Thai Fine Dining in Atlanta for authentic Thai cuisine. For a cup of Joe or a snack, there's Mocha My Day or Taste of Georgia in Alpharetta, or to enjoy a favorite libation try Wine Me Down wine and cigar bar in Alpharetta or Six Bridges Brewing in Johns Creek.

Fresh & Local

Looking to add more fresh fruits and veggies into your diet? There's no better way than to buy fresh fruits and vegetables locally. Among the many choices of area farmers markets is Canton Street Farmers Market in Marietta for produce and other products, Halcyon Farmers Market in Alpharetta offering produce, baked goods, and live music, Sweet Apple Farmers' Market in Roswell for produce, eggs, and meat, and Norcross Community Market in Norcross with produce (including Certified Naturally Grown) and artisan vendors.

Fitness & Swimming

Staying fit is key to living well, and in the Milton area fitness opportunities include Workout Anytime Milton, Core 57 Milton, and Crabapple Sports Club in Alpharetta. Yoga enthusiasts can choose from GOGA Goat



Yoga in Milton, or Sharp Venture Classical Yoga and Oya Yoga Studio in Alpharetta. If swimming is preferred, the Roswell Adult Aquatic Center offers a variety of passes for year-round access.

Walking Trails

Milton's climate allows for outdoor activity most of the year, so taking a walk, stroll, or hike is easy. Right in town, trails are available at Bell Memorial Park, Birmingham Park, Freedom Park, Friendship Community Park, and Providence Park. Also nearby are Hickory Trails Park in Canton, Big Creek Greenway in Alpharetta, and Sweet Apple Park in Roswell. All offer walking/hiking trails as well as other amenities like benches, bathrooms, and exercise stations.



Back to Nature

For many seniors, the spiritual rewards gained from connecting with nature make for more purposeful days. Get out and enjoy nature at Chattahoochee Nature Center, a 127-acre preserve with wetlands, forest, and river habitats. Love birding? Be sure to visit Hawk Talk wildlife refuge where raptors are rehabilitated, or spend the day bird watching at Clyde Shepherd Nature Preserve where 162 species of birds can be found. For a quiet yet beautiful day, try Gibbs Gardens in Ball Ground, featuring world-class gardens on seven levels over 220 acres and named number two on the list of “Best American Botanical Gardens” in 2020. For those who prefer to partake of nature on the golf course, local options include: Crooked Creek Club in Milton, Echelon Golf Club in Alpharetta, and St. Marlo Country Club in Duluth. It’s 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 [Volunteer Match](#) or try the city’s [volunteer matching service](#) to find a good fit. Other organizations to contact include local humane societies, veterans groups, and hospitals.

Religious Organizations

The diversity of the greater Milton area embraces varied places of worship including Alpharetta Church of God, Antioch Christian Church, Ashtalakshmi Hindu Temple, Bethany Baptist Church, Birmingham United Methodist Church, Community of Christ Atlanta North, Congregation Gesher L 'Torah, Crabapple First Baptist Church, Epiphany Of Our Lord Byzantine Catholic Church, Hamzah Islamic Center, Hanuman Mandir INC Hindu Temple, Hopewell Baptists Church Lighthouse Church, Masjid Al-Rahman Islamic Mosque, Providence Baptist Church, St. Aidan's Episcopal Church, St. Brendan's Catholic Church, St. Thomas Aquinas Catholic Church, Southeast Islamic Community Center, Stone Creek Church, Temple Kehillat Chaim Reform Jewish, Temple Beth Tikvah, The Church of Jesus Christ of Latter-Day Saints, and Tikvat David Messianic 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 friends. Local senior organizations include Senior Services North Fulton in Alpharetta, which operates seven senior centers that offer a range of services and programs for people 60+ including the nearby Roswell Senior Center. Seniors can make new friends and participate in recreational, fitness, and educational programs at each.





Vitality Living Milton

Milton, Georgia 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 in Milton, Georgia.

At Vitality in Milton, Georgia, 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 Milton

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To learn more or to arrange a personalized tour please call **678-765-9882**



www.myvitalityliving.com