



*Exploring Senior Community Living:*

# ACTIVE LIFESTYLES

Making the decision to move into a senior or independent living community is a big one. Change can be intimidating, but imagine if one of the changes you make as you get older could actually be the start of something completely new. This is your doorway to new experiences, to new people, to a new appreciation of how far you've come, and an excitement about what's next.

Senior communities provide the best of both worlds; they offer an environment where you can either continue living the way you're used to, or you can explore and embrace your freedom to discover new interests.

Independent Living Communities, like The Nottingham, encourage active lifestyles. Studies have proven that active lifestyles for seniors can:

- Improve overall health
- Reduce the risk of chronic illnesses and disease
- Help manage body weight
- Provide mental health benefits
- Stimulate brain activity
- Promote socialization
- Improve sleep
- Keep you focused and increase energy

Now, it is important to know that we offer a wide array of activities at different levels of ability. Not all activities are physical, we offer many brain-builders as well. The most important piece to any activity: Make it FUN! Whether it's a video game bowling tournament or snowshoeing on the grounds, book clubs or painting class, we know how to have a good time.

Just ask Richard Levy, a Glens at the Nottingham resident. We recently asked him what his secret was to reaching age 92!

"I like to keep myself active. It keeps me happy actually," said Levy. "Not just physically, I like to keep myself mentally alert. And, The Nottingham gives me lots of opportunities, and it feels like a tight community."

Mr. Levy starts his day with a mile walk on the campus grounds before he starts participating in the structured activities and exercises. In any given week, he can be found in the Move and Groove fitness class, participating in a heated game of cornhole bean bag toss, playing scrabble, watching the SU game or winding down at happy hour with his friends and neighbors.

So, are you ready explore and embrace your freedom to discover new interests and live your very best life?

Contact Marcy today at (315) 413-3104 to experience luxury living at The Nottingham.

