

Engaging Ways Continuing Care Retirement Communities Can Improve Your Quality of Life

Continuing care retirement communities (CCRCs) can be an amazing place for you or a loved one. A warm, loving, happy community can provide you with a life of choices, fellowship, and flexibility. Discover three ways moving to a CCRC can improve your quality of life.

1. Social Interaction

CCRCs have no shortage of social events, activity options, and opportunities to build friendships.

Living alone can sometimes get lonely and quiet. In a senior community, you have the option to be alone or to be social, depending on your mood! Residents can get involved in crafts, volunteering, or wellness groups, or they often discover new passions! There is always the opportunity to socialize and make new friends. With all members of the community similar in age, residents often bond and connect over similar life experiences. Human interaction and regular engagement can do wonders for quality of life.



2. Physical Activity

We are all aware of the importance of staying physically active as we grow older. Some may not know how or where to go to stay active. Most CCRCs provide you with access to a gym, along with classes to take, training on proper form, and more. You could find a new love for yoga or for running. You may bond with other members of the community over similar interests in activity. The opportunities are endless!

3. Help When You Need It

Most CCRCs have qualified nurses for residents' needs. Some communities even have on-campus health clinics. Having that extra help in such a convenient proximity can make all the difference in providing peace of mind. In the event of an accident or emergency, help is readily available, meaning an overall safer living environment for you or your loved one.

Please select one of our locations by visiting www.covliving.org/locations to learn more about Residential Living.