

# How Senior Living Communities Can Improve Your Quality of Life



Senior Living Communities can be a wonderful place for you or a loved one to thrive. A warm, loving, happy community can provide you with a life of choices, fellowship, and flexibility. Discover three ways moving to a Senior Living Community can improve your quality of life.



## 1. Social Interaction

Senior Living Communities such as The Pines at Davidson have no shortage of social events, activity options, and opportunities to build friendships. Living alone can sometimes get lonely and quiet. In this 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, and 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. Social 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. At The Pines at Davidson, you'll have free access to the Martin Fitness Center, along with classes to take, training on proper form and more. You could find a new love for cardio or aqua Pilates, Tai Chi, and more! You may even bond with other members of the community over similar interests in activity. The opportunities are endless!

## 3. Help When You Need It

Most Senior Living Communities have qualified nurses for residents' needs. The Pines team of nurses can respond to urgent needs 24 hours a day and offers on-campus care in the Wellness Clinic 6 days a week. Having that extra help in 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.

