

# Discover How Senior Living Communities Improve Quality of Life



Life at a senior living community can have a multitude of benefits, including time to explore new hobbies, chances for social interaction and opportunities for improving health. Additionally, the availability of a full continuum of care right on campus provides peace of mind. Discover more about the benefits of senior living communities below.



## Focus on Health & Wellness

- Staying active as you age is great for lowering your risk of disease, improving strength and balance and boosting your mood.
- At The Pines at Davidson, you'll have access to the Workman Wellness Center featuring an indoor warm-water therapy pool, group exercise classes, strength and cardio rooms, personal training and more.
- Or, take a walk through our accredited arboretum and view the wild birds, trees and flowers in bloom.

## A Variety of Activities

- As you age, continued learning can have many benefits like improving memory and minimizing cognitive decline. The Pines at Davidson offers a Learning in Retirement program featuring professors from Davidson College to help exercise your brain.
- Join in on a community excursion to one of the local attractions, such as the Charlotte Symphony Orchestra, Daniel Stowe Botanical Garden or the Highland Games at Rural Hill.
- Explore a full activities calendar, including bridge and poker games, chess clubs, garden groups and more.

## Opportunity for Socialization

- As you get older, staying social has positive effects on our mental and physical wellbeing. Joining a community means there is always a friend or a neighbor nearby.

## Delicious Dining

- With a variety of dining options, you can enjoy freshly-prepared, delicious and nutritious meals every day.

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### **Maintenance-Free Living**

- One of the perks of life at a senior living community is the maintenance-free lifestyle that allows you more time to focus on your interests and passions.

### **Healthcare Security**

- Enjoy the peace of mind that comes with a full continuum of services available right on campus. 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.

Contact The Pines at Davidson to learn more about our senior living community.



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