



FINDING

*A RETIREMENT COMMUNITY THAT MEETS YOUR
LIFESTYLE NEEDS*

DOES A RETIREMENT COMMUNITY'S CULTURE REALLY MATTER?

When it comes to a comprehensive list of things to consider before moving into a retirement community, care quality is at the very top.

But there are many other factors to consider, including the retirement community's culture. How do you know if the retirement community you're considering is a good fit from a lifestyle point of view? Does this community value social interactions, time outdoors, importance of physical health? Does a landscaping crew keep up with maintaining the grounds?



The bottom line is: Does this retirement community provide you with the lifestyle you want?

In this guide, we'll walk you through what to look for in a CCRC to help ensure it ticks all the boxes on your list of retirement community must-haves.

LIFESTYLE ELEMENTS TO CONSIDER

STAYING ACTIVE THROUGHOUT THE YEARS

Look for retirement communities with a variety of fitness options. Physical activity and exercise multiple times a week can help improve your quality of life, help you maintain the ability to live independently and even reduce the risk of bone fractures and falling. Regular exercise also benefits your heart and can lower your blood pressure and cholesterol.



Fitness options to look for include:

- Gym
- Physical therapists available
- Pool
- Exercise classes, such as yoga

At Riddle Village, we offer these fitness amenities and much more – including an indoor heated pool, unlimited access to a fitness center and a full-time personal trainer on staff.

RANGE OF ACTIVITIES TO GET YOU UP AND MOVING

One of the keys to living a long, healthy life is staying active. When you're visiting retirement communities, take note if they offer these amenities:

- Walking Groups
- Classes and clubs
- Recreational games, indoor and outdoor

At Riddle Village Retirement Community, we'll make sure you have lots to do. We offer a variety of outdoor activities for residents to enjoy, including a bocce ball court, shuffleboard court, putting green, fire pit, lounge patio and koi pond.

UPDATES AND RENOVATIONS TO THE PROPERTY

When you lived in your own home or apartment, you knew how important it was to keep up with repairs and maintenance. The same should be true for the retirement community you select. It's important to see evidence of renovations and updates to CCRCs that you're considering.

At Riddle Village, the quality of your new home will always be maintained for you, so you never have to worry. Apartment maintenance is available, and weekly housekeeping and flat linen service is provided for residents at no additional cost. Most importantly, you can enjoy peace of mind from these services, because you'll never have to worry about upkeep or maintenance. It's all taken care of for you.

DISCOVER YOUR IDEAL SOCIAL LIFE

Whether you're a person who loves to be around others, prefers quiet solitude or maybe a combination of both, the retirement community you choose should allow you to live the social life you want and welcome visitors, such as family or friends, when they come to see you.

When visiting retirement communities, look for shared or community spaces throughout, such as common living rooms and dining areas that let you spend time with friends and family, both inside and outside the community.

Also find out if the retirement community offers activities, events, planned programs and trips. If you're someone who enjoys taking nature hikes, competing in billiards tournaments or singing holiday carols, it's important to know whether the retirement communities you're considering offer these types of activities.

At Riddle Village, we have many amenities, including a beauty salon and barber shop, woodworking shop, convenience store and library, among many other offerings.



A CULTURE OF COMMUNITY

At Riddle Village Retirement Community, we are proud to create a culture that helps everyone feel at home. We enjoy fostering a culture of community so you can continue to lead a happy, productive and independent life.

QUESTIONS TO CONSIDER ASKING WHEN CHOOSING A RETIREMENT COMMUNITY TO FIT YOUR LIFESTYLE:

- What activities and programs are offered?
- Can I see the most recent activity calendar?
- Can I come in and participate in an activity or program that interests me?
- Who decides what trips, activities and programs are offered? Do the residents get to be involved in this process?
- What programs are in place to keep me active physically and mentally?
- Can you put in me touch with residents who are involved in the programs and activities that interest me?

- How many dining options are available and what are the dining hours?
- Is there a meal program included in the monthly service fee, and if so, how does it work?
- Are housekeeping services available, and if so, what is included?
- What services are included in maintenance of the residence?
- What finishes are standard in the residence? Do I get to select these finishes prior to taking occupancy or do I take the apartment as is?
- What renovations and/or additions were recently made to the community? What projects are planned for the future?
- Is there a registered nurse on staff 24/7?
- Do I have access to amenities such as a convenience store and beauty salon, without leaving the community?
- **May I “test drive” the community? I would like to stay a few nights in a guest apartment and live life like a resident. (This lifestyle visit will give you the best insight into whether the community you are considering is the right fit for you. Mingle with residents who were once in your shoes, try the food, participate in activities and speak with staff at all levels.)**

CONTACT

For more information about Riddle Village, to schedule a tour or to get any of your pressing questions answered, reach out to Riddle Village Retirement Community in Media, PA, by filling out our contact form or calling our sales office at **610-891-3700**. We're available Monday through Saturday between 8 am and 4:30 pm and on Sundays by appointment.

We look forward to helping you make an informed decision about which retirement community to move into that matches your lifestyle and meets your comprehensive care needs.

