

## FREDERICK *Living*



A GARDEN SPOT COMMUNITY

Frederick Living is a vibrant retirement community that offers a full continuum of care, allowing residents to live purposefully and independently while having access to a range of support services as needed. With nearly 320 residents aged 55 and older, the community provides options for Independent Living, Personal and Memory Care, and healthcare services, all designed to help individuals thrive.

Residents in Independent Living choose from a variety of accommodations including one- and two-bedroom cottages or apartments with options that include a garage, balcony, patio, or sunroom. A full complement of amenities is available on campus including *The Body Shop* fitness center, two dining venues, a library, gift shop, art room, game room and wellness suite, all of which contribute to a fulfilling and independent lifestyle.

There is plenty to do at Frederick Living with over 20 micro-communities offering opportunities to stay engaged and active. Residents can pursue a favorite hobby such as needle arts, painting, beading or woodworking, or they can volunteer throughout the campus. Volunteers play a vital role in many of the campus events, fostering a sense of belonging and independence.

For those needing additional support for daily living, the Personal Care apartments provide added security while enabling residents to maintain their independence and enjoy meaningful connections with their neighbors. Personal Care also offers a safe transitional option for residents who are returning from a hospital or rehab stay, allowing them to regain strength and confidence while receiving support throughout the day. Additionally, for residents living with dementia, Aspen Village Memory Care provides specialized support, and Cedarwood Nursing offers healthcare services for those with more complex needs.

Those considering a move to a retirement community should plan to attend Frederick Living's free, six-week seminar led by Jill Kearney, Founder and CEO of Specialty Moves by Design. The series will be held in the Frederick Living Auditorium on Tuesday mornings, February 25 through April 1, 2025 from 10 am to 12 pm. Jill provides practical advice

on downsizing, moving, and creating a personalized retirement lifestyle.

Located just east of Gilbertsville, PA, Frederick Living is the perfect place to experience purposeful and independent retirement living. To schedule a tour or to register for the Downsizing Seminar, call Lisa McCartin today at 610.754.7878, ext. 1001.



***Experience purposeful retirement living today.***