

## FREDERICK *Living*



A GARDEN SPOT COMMUNITY

As a community offering a full continuum of care, Frederick Living provides opportunities for purposeful living for adults aged 55 and older. Nearly 315 residents enjoy Independent Living, Personal and Memory Care or healthcare options.

Residents in Independent Living choose from a variety of accommodations including one- and two-bedroom cottages or one- and two-bedroom 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.

There is plenty to do at Frederick Living with over 20 micro-communities offering weekly gatherings and a robust volunteer program. Residents can pursue a favorite hobby such as needle arts, painting, beading or woodworking, or volunteer throughout the campus. Volunteers are the backbone of many of the campus events and everyone can easily find a way to engage purposefully within the community.

For those seeking to maintain their independence while requiring a little bit of assistance for daily living, the Magnolia House Personal Care apartments provide added support while enabling residents to enjoy meaningful connections with their neighbors throughout the community. These apartments also serve as a safe transitional option for residents who are returning to the community following a hospitalization or rehab stay, allowing them to regain strength and independence while receiving support throughout the day. Additionally, Aspen Village Memory Care supports residents living with dementia and Cedarwood Nursing supports those with healthcare needs.

Those considering downsizing and pursuing retirement living in community should plan to attend the three-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 Wednesday evenings, September 11, 18 and 25 from 6 to 8 pm. Jill provides practical advice on downsizing, moving and creating a personalized retirement lifestyle by identifying your treasures and then letting go of the rest.



▶ Located just east of Gilbertville, PA, Frederick Living is an ideal spot to call home. To inquire about current availability in Personal Care or to register for the Downsizing Seminar, call Lisa McCartin today at 610-754-7878, ext. 1001.

**Experience purposeful retirement living today.**

