

# Three Ways Independent Living Can Improve Your Quality of Life



A National Lutheran Community

Senior living communities can be an amazing place for you or a loved one. A warm, loving, happy community can provide you with a life of choices, fellowship, and flexibility. Discover four ways moving to an independent living community can improve your quality of life.



## 1. Social interaction

Senior living communities have no shortage of social events, activity options and opportunities to build friendships. Living alone can sometimes get lonely and quiet. In a senior 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, or 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. Human 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. Most senior communities provide you with access to a gym, along with classes to take, training on proper form, and more.

You could find a new love for yoga or for running. You may bond with other members of the community over similar interests in activity. The opportunities are endless!

## 3. Help when you need it

Most senior communities have qualified nurses for residents' needs. Some communities even have on-campus health clinics. Having that extra help in such a 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.



Call 301-355-2801 or visit: [www.thevillageatrockville.org](http://www.thevillageatrockville.org)

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