

6 Ways Senior Living Enhances Your Life

One of the top concerns and misconceptions for those exploring a new life in a senior living community is losing their independence. In fact, many fear losing independence as they age more than they fear anything else. However, today's continuing care retirement communities (CCRCs) foster independence and activity, with gorgeous floor plans, spacious grounds, regal dining rooms, opportunities to make new friends and activities galore.

Dorothy Moore found that she didn't have to give up her freedom or social agenda when moving into Stonebridge at Montgomery in Skillman, New Jersey, from her original home in Huntsville, Alabama. "The people are wonderful here, it's very easy to meet folks and make new friends," shared 'Dot,' as she's also affectionately known throughout the community. "There's so much to do socially, too."

Senior living communities present the perfect opportunity for residents to age happily, and on their terms. Community residents find access to better health and [wellness](#) options, an improved quality of life and a fulfillment by being around others. When it comes down to it, there are many benefits that improve your quality of life when deciding to live in a senior living community.

Benefits of a Senior Living Community

1. Maintenance-Free Living

There's no need to worry about housekeeping, outdoor maintenance or safety and security at Stonebridge. Our full-service senior living community offers the best of both worlds, and residents can live an independent lifestyle without worrying about the heavy lifting that comes with homeownership. You can enjoy even more free time to participate in activities you love.

2. Active Social Life

Stonebridge always has something going on! Whether it be yoga, art series discussions or a book club, every resident has the opportunity to explore numerous available [activities](#) that stimulate the body, mind and soul. A full-time activities director is on staff; however, residents also take it upon themselves to personally design activities they're interested in, such as the [Stonebridge Yacht Club](#) - our unique outlet for radio-controlled boat

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enthusiasts. Connections and friendships are made during these activities, enhancing the social lives of all who participate.

At Stonebridge at Montgomery, the proximity to Princeton University also results in the ideal location for culture, history and nature. [Area attractions](#) include the Morven Museum and Garden, Sourland Mountain Preserve, McCarter Theater Center, plus more. There's never a shortage of activities for residents, whether on campus or off.

3. Whole-Person Wellness

[LivWell](#) is the comprehensive wellness program offered at Stonebridge, which caters to each individual's physical, intellectual, emotional, social, environmental, spiritual and vocational needs. LivWell is all about choice; this personalized, whole-health approach allows residents to lead stronger, healthier and more engaged lives. Examples of LivWell programming include guided meditations, daily aquatic exercise classes, , resident scholar lectures and so much more!

4. Freedom to Be Yourself

Independence offered through the CCRC lifestyle allows residents ample opportunities to do what they want, whether it's finding a good book to dive into, exploring a nearby park or making a new friend at lunch. Now is your time to focus on the most important thing in your life: you!

5. No Worries About the Future

Continuing care retirement communities (CCRC) have become a living option of choice for seniors due to the continuum of care provided for residents. Stonebridge at Montgomery offers a variety of options for residents beyond independent living should their needs change, including assisted living, rehabilitation, skilled nursing and memory care services. There is comfort knowing that, should the need arise, options are available for residents who may need more assistance later in life.

6. A Place to Call Home

Stonebridge at Montgomery is, first and foremost, a place to call home. The warm and comfortable atmosphere, caring staff and ability to remain independent makes the residents feel like Stonebridge is more than a senior living community - it really is a place where their best interests are taken

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care of so they're able to lead happy, fulfilling lives.

Now is the time to put aside any concerns or misconceptions about today's senior living communities and see what life is really like at a CCRC. For more information about Stonebridge at Montgomery or to learn more about how CCRCs can enhance your life, [contact us](#) today.