



Your Complete  
Guide to Independent  
**Senior Living**



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**The best isn't yet to come.** It's here, and you're invited to savor it all. Independent Living is where your worries fade away and every day brings more to explore. No more annoying errands and obligations. With the pesky parts of life taken care of, that leaves you with more time to pursue the things you love, stress-free. The best part? No matter what you choose to do, it's always up to you.

In this guide, you'll find the truth behind common misconceptions about Independent Living, answers to frequently asked questions and which features, services and amenities to look out for when deciding which Independent Living community is the right fit for you or your loved one.



You're taking an  
important step.

Let's dive right in!



# Five Common Misconceptions About Independent Living

We get it. Retirement homes and senior living communities can often sound like institutions where you have to give up your favorite hobbies and be cared for by someone else.

Here's the truth. Independent Living communities aren't places to wind down, but to start the next chapter and explore new interests, meet new friends and enjoy the active retirement you deserve.

Still, misconceptions about Independent Living can make it difficult to know if it's the right move. Here are five of the ones we hear most often, put to rest.

## 1. “I’m not like those old people.”

In the past, retirement choices were limited to the nursing home. Today, however, you have many options for senior living. A senior living community is like a neighborhood where residents develop social circles and friendships with others who share common interests and life experiences.

## 2. “I don’t want to give up my independence.”

Often, people are worried that by making the move they will lose independence. Ask yourself how comfortable you feel driving, especially at night. Does that limit how often you go out?

Also ask yourself how often you must ask others to do tasks for you that you used to do on your own. Without a doubt, moving to a community enhances independence, with services, amenities and support systems available when you want them to help you continue the activities and lifestyle you enjoy.

## 3. “I want to live in my own home.”

Home has a special meaning for us all. Think a bit about the different places where you have lived. It’s the people and the special times that make those places feel like home. Now consider how many rooms in your house you don’t use or the last time that you went upstairs or entertained friends. In our experience, these questions reveal that your house is not really a home anymore—it’s just a house.

## 4. “But I’m not ready yet.”

Consider what ready looks like. This feeling of “not ready” can be apprehension about the unknown or the fear of giving up control. Your best course of action is to visit communities, have a meal and enjoy some of the social and recreational programs. Most importantly, ask questions of the residents to see how they feel about their choices. This way—when you are ready—you’ll know what you want and you’ll make the best choice for your life.

## 5. “Those places cost too much.”

We encourage you to calculate the true cost of remaining in your house—upkeep, taxes, food, entertainment and such. Often, costs are escalated by deferred maintenance and service providers who do housekeeping, yardwork, errands, transportation and home health.



# What Independent Living Should Be

Now that we've given you some food for thought regarding common misconceptions, let's talk about what we think Independent Living should be. The features, services and amenities provided in an Independent Living community should meet your needs and provide a stress-free lifestyle where you can spend more time doing the things you love.

The aspect of Independent Living that meets your wants, and keeps you engaged and interested in life are the programs and social connections. Though activities and dining are important, it's the exceptional care provided by team members and the joy of making new friends that makes a community feel like home.

Buildings are made of bricks and mortar, but communities are made of people and values. The number one value to look for in an Independent Living is putting people first. Everyone deserves to enjoy a retirement lifestyle where life is full of choices and opportunities to grow and have new experiences. Read on to discover how Five Star Senior Living elevates the resident experience through their award-winning Lifestyle360 program and exceptional dining.



# The Five Dimensions of Wellness

Achieving your goals and developing your interests and abilities doesn't have to end with retirement. A good independent living community will help you expand your horizons and become your "best self." That's why at Five Star we invite residents into our senior living communities not just to live with us, but to thrive with us through our award-winning Lifestyle360 program.

Lifestyle360 is a holistic approach to active community living focused on social expansion, intellectual growth and healthy living. The mission is to enrich residents' lives by offering programs covering the Five Dimensions of Wellness that bring life into perfect harmony: Intellectual, Social, Physical, Emotional and Spiritual. Each aspect of the program is evidence-based and has been shown to have physical, mental, and/or spiritual benefits which, in concert, improve overall wellness and feelings of well-being.

We invite you to explore these dimensions with us!

## THE FIVE DIMENSIONS OF WELLNESS

### The *Intellectual* Dimension

Research indicates that honing intellectual skills can strengthen the mind in the same way that physical exercise protects and strengthens the body. The intellectual dimension of wellness encourages creative, stimulating mental activities to bring richness to your life and those around you.

#### Sample Five Star Activities:

- >> Art classes
- >> Lecture series
- >> Book clubs
- >> Beginning language courses
- >> Philosophical Café
- >> Local history classes
- >> Creative writing
- >> Bird watching
- >> Intro to computers

### The *Emotional* Dimension

Individuals with good emotional health can enjoy a fuller, happier life and are more likely to pursue friendships and interests. Uplifting experiences enhance one's overall well-being and positive outlook.

#### Sample Five Star Activities:

- >> Art of Storytelling
- >> Support groups
- >> Intergenerational programs
- >> Aroma therapy
- >> Memoir writing
- >> Pet therapy
- >> Family night
- >> Spa day

### The *Social* Dimension

Humans are social beings. As we age, we lose many of our social connections due to the passing of loved ones and friends as well as our diminished ability to get out and about. The social dimension of wellness encourages positive interactions with others and creates many opportunities for friendships.

#### Sample Five Star Activities:

- >> Museum and theater outings
- >> Digital photography classes
- >> Happy hours
- >> Wine tastings
- >> Board and card games
- >> Art of crochet
- >> Scrapbooking
- >> Movie matinees
- >> Poker and bridge



## The *Physical* Dimension

The physical dimension of wellness encourages regular physical activity to maintain a healthy body and to improve mood and self-esteem. Five Star Senior Living's focus on physical wellness helps to enhance and maintain independence.

### Sample Five Star Activities:

- >> Body balance and strength
- >> Weight training
- >> Resistance training
- >> Fitness walking
- >> Chair pilates
- >> Tai chi
- >> Yoga
- >> Dancing
- >> Aquatic therapy
- >> Zumba

## The *Spiritual* Dimension

Cultivating your spirituality helps uncover what is most meaningful in your life. Having a sense of purpose and connectivity with something bigger can lead to a valuable inner peace and happiness.

### Sample Five Star Activities:

- >> Journaling
- >> Art therapy
- >> Horticulture therapy
- >> Church services
- >> Inspirational readings and poetry
- >> Volunteering
- >> Religious studies
- >> Music cafe

Expand your horizons and  
become your “best self.”



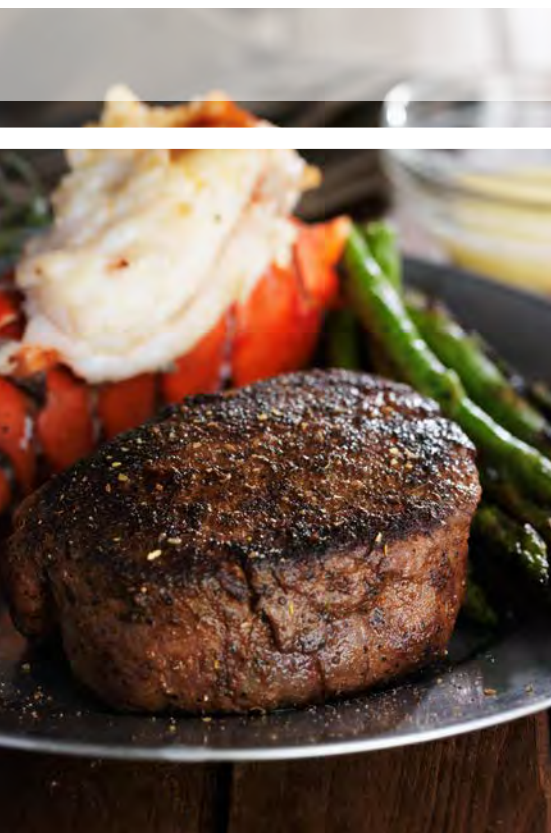
# Enjoying Incredible Food

An amazing meal does more than satiate an appetite, it brings an unparalleled comfort and joy to all our lives. Savory scents can stir cherished memories, and simple sweets can lift any mood. That's why at Five Star, serving up delicious dishes—like juicy steaks, fresh garden salads and tiramisu—is a big priority. Where we serve them is just as stunning as our resident chef's creations themselves. Here, linen tablecloths and tables adorned with gorgeous flowers in a dazzling dining room illuminated with natural light is the norm. Bon Appetit!

## A Foodie's Dream

A freshly baked muffin for breakfast, a crunchy veggie wrap for lunch or a classic chicken fried steak slathered in creamy gravy for dinner...with Five Star's restaurant-style dining options, you can pick and choose whatever most tickles your taste buds. Craving something that's not on the menu? We love to cater them to our residents' tastes, so we welcome suggestions (and family recipes!) so that your favorite dishes are always coming right up. Here are some of the most popular across our communities:

- >> Burgers
- >> Veggie wraps
- >> Fresh garden salads with homemade dressing
- >> Surf and turf
- >> Cuban sandwich
- >> The Horseshoe (Texas toast layered with meat, French fries and cheese)
- >> Soup of the Day
- >> Banana pudding
- >> Tiramisu
- >> Chicken pot pie
- >> Chicken sundried tomato paninis
- >> Pan-fried salmon
- >> Bacon-wrapped scallops





## A Day in the Life

Dear Friends,

Hi there from Savannah Square in beautiful Savannah, Georgia! My name is Shirley and my poodle Mikey and **I have called this place home since 2016.**

I've never met such an interesting and fun-loving bunch. Meeting up for dinner feels like a family reunion. **There's never a dull moment!**

I wish you could see the smiles on everyone's faces during our lively bridge games, or the hoots and hollers at our new weekly trivia nights. There's never a dull moment! **And this independent soul loves that I have the freedom to join in on whatever, whenever I want.**

Watch [this video](#) to see where my adventures take me. Keep an eye out for Mikey. He makes a great canine co-star!

Best wishes,

*Shirley*

## Discover the Five Star Difference

In a Five Star Independent Living community, adventure awaits around every corner. Stay fit as a fiddle by attending a fitness class, sharp as a tack by sitting in on a riveting lecture or wet your whistle with a cocktail alongside your Happy Hour crew. Every day is what you make it.

Discover the world of stress-free Independent Living for yourself by visiting a community near you in one of 27 states across the US. We can't wait to show what Independent Living can be and to introduce you to some of our residents and team members. Come hungry and we'll set a place at the table for you!

### Call Us

Call us today at **(833) 457-8271**, and we'll schedule a personalized visit so you can experience Five Star Senior Living for yourself and see why we say, "At Five Star, life is full of choices!"

### Visit Us Online

Explore our communities and find a community near you by visiting our website [fivestarseniorliving.com/communities](https://www.fivestarseniorliving.com/communities).

