

Understanding the Cost of Independent Living at a CCRC

When you move to independent living at a continued care retirement community (CCRC), your monthly payment includes much more than housing. You'll have access to a variety of dining options, wellness center and fitness classes, trips, art classes, a social calendar, and all house maintenance taken care of! Learn more about understanding what comes with the cost of independent living:



Convenient dining options with chef-prepared meals

When you make the decision to move to independent living at a CCRC, you no longer have to worry about cooking meals, spending money on going out to eat, or the act of cleaning up the dishes after cooking at home. A grocery bill can easily sky rocket into the hundred dollar range, while a dinner bill at that restaurant down the road can make that grocery bill look cheap. All that is a thing of the past; CCRCs offer delicious, nutrition-focused dining that not only will save you money but meet your cravings!

Wellness center and fitness classes

We are all aware of the importance of staying physically active as we grow older. Most CCRCs provide you with access to a gym, along with classes to take, training on proper form, and more. Also your new home gives you the opportunity to bond with other members of the community over similar interests in activity. The opportunities are endless and within steps of your front door!

Engagement activities

At a CCRC, there is no shortage of fun off-campus trips, art classes, educational sessions, and much more! 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. Studies have shown that older adults who maintain an active social life show improved mental and physical health. Human interaction and regular engagement can do wonders for quality of life!

Maintenance

When you make the decision to move to independent living at a CCRC, you no longer have to worry about house maintenance: no more landscaping, dealing with trash pick-up, housekeeping, or roof replacements. You no longer have to buy cleaning supplies, gas for the lawn mower, rake your lawn, etc. You have the opportunity to focus on yourself while knowing your home will be taken care of! Your monthly payments include so many awesome activities and advantages! Enjoy the maintenance-free residences, dynamic amenities, and engaging activities that let you follow your own path each day, with the confidence that any health needs will be met on-site.

Please select one of our locations by visiting www.covliving.org/locations to learn more about Residential Living.