

# Navigating the Cost of Independent Living at a CCRC

Moving to independent living in a Continuing Care Retirement Community (CCRC) brings more than just a new home. Your monthly payment covers lots of great things. You'll enjoy different places to eat, a wellness center with exercise classes, fun trips, art classes, events to socialize, and all your home maintenance taken care of. Learn about what you're getting with independent living:



## Culinary Delights at Your Fingertips

When you live in a CCRC, you don't need to cook or go out to eat. You also don't have to clean up after meals. Food bills can get expensive, and dining out too. But in CCRCs, you'll have yummy, healthy meals made by chefs. This saves you money and satisfies your cravings.

## Nurturing Wellness and Fitness

At a CCRC, you can stay physically active easily. There's a gym and exercise classes available. You'll learn the right way to exercise and can bond with others who like staying active. It's all right near your home!

## Embrace Enrichment and Interaction

CCRCs offer lots of fun things to do like trips, art classes, and learning sessions. You'll have chances to make new friends and connect with people who understand you. Studies show that being social is good for your health. It can make you feel better in your mind and body.

## Seamless Home Harmony

Bid adieu to the burdens of home maintenance upon transitioning to independent living within a CCRC. No more taking care of the yard, cleaning, or fixing the house. You can focus on yourself knowing that your home is taken care of.

## An Better Lifestyle

Your monthly payment covers so many great things. You'll have a home with no maintenance hassles, exciting things to do, and chances to enjoy each day. Plus, you'll have health support whenever you need it on-site.

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