



WILLIAMSBURG LANDING®

Tips on Why a Move to Senior Living Makes Sense Today

Today, an increasing number of Americans who are nearing retirement or have already retired are considering the active, worry-free lifestyle that senior living offers. And many have decided that the time is now.

If you are tired of spending your free time on the challenges of an oversized home with unused space, ongoing repairs and upkeep, lawn care and snow removal, senior living offers an opportunity for personal freedom and a better way of living your well-earned retirement years. For many healthy, active, retirement-age individuals, modern independent living is the ideal first step.

The Many Advantages of Contemporary Senior Living

Today, independent living is about making your life easier and providing greater freedom – not about giving up your independence. Residents of independent living communities enjoy maintenance-free, vibrant lifestyles for an exceptional value.

Advantages include:

- **Freedom from home maintenance** and repair, which becomes more attractive during our retirement years.
- **Social activities and connections**, which are vital to long-term, personal well-being and become even more so as we leave our full-time careers.
- **Restaurant-style dining** options and delicious, nutritious foods. Enjoying delicious food is one of life's greatest pleasures. Customized nutritional plans are created focusing on personal tastes and needs.
- **Recreational activities** including exercise programs, games, social gatherings and planned outings. Many independent living communities employ trained activity directors.
- **Wellness programs** enable residents to participate in a variety of programs designed to boost physical and emotional health and well-being.
- **Mental stimulation** is readily available. Speakers, classes and seminars are scheduled, as well as trips to various events.
- **Transportation** is typically available for shopping trips, cultural events and medical needs.
- **Professional services** including prescription services, housekeeping and laundry service, beauty salons and visiting medical personnel are available.
- **Privacy or social interaction** is up to you depending on your mood or preference. You determine how much or how little you do each day.



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Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at Williamsburg Landing.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., Williamsburg Landing is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and the surrounding areas [since 1985](#). With one visit, you'll understand what makes Williamsburg Landing so special.

With a past rich in tradition and a future filled with promise, Williamsburg Landing is the perfect place to call home – for today and tomorrow.

To learn more or schedule a tour, please [contact us](#) today!