

55+ COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

There are a variety of communities in our area built and managed for active seniors living an active and healthy lifestyle with amenities geared toward that group. Whether you're looking for a townhouse, condo, apartment or single home, these communities cater to older adults and offer settings that generally feel like resorts. They're designed to make retirement healthier and more enjoyable.

Pennsylvania

EXTON

Meridian at Eagleview

484-873-8110; Meridian Eagleview.com

GLEN MILLS

lvy Creek

610-981-2740; SeniorLivingInStyle.com

KING OF PRUSSIA

Canvas Valley Forge

844-400-6435; CanvasValleyForge.com

Canvas Valley Forge is a new concept in 55+ apartment living. Sophisticated, thought-fully-crafted residences set the scene for a life well-lived, one rooted in connections and meaningful experiences and brimming with vitality and independence. Here, "simplify" is not code for "compromise," but rather a password that unlocks the next part of your journey. This is what you worked for—now go out and play.

MEDIA

Springton Lake Village

610-356-7297; SpringtonLakeVillage.com

LANCASTER

Lancashire Terrace Retirement Comm.

610-430-6900; LancashireTerrace.com

A 55+ community that's a great retirement value, offering the county's only all-lease, all-cottage senior living. They provide a full activities calendar along with a fitness center for wellness. Retire in a safe, care-free and friend-filled environment that will leave you wondering why you waited so long to make the move! Call them for a tour and lunch on them.

PHOENIXVILLE Coldstream Crossing

610-321-1977; Coldstream Crossing.com

WEST CHESTER

Harrison Hill Apartments

610-430-6900; HarrisonHillApts.com
Harrison Hill's 5-stories offer 114 apartment homes comprised of one bedrooms and one bedrooms with dens. The grounds feature a community patio, a walking trail, gazebo and dog park. Residents enjoy coffee and each other's company at "Monday Mingles," holiday barbecues and pizza parties, games in the activities rooms and once-aweek free transportation to set destinations. Call for details and to schedule a tour.

Hershey's Mill

610-436-8900; HersheysMill55Plus.com

Thinking of downsizing or relocating to a 55-plus community in the Delaware Valley? Hershey's Mill is situated around an 18-hole championship private golf club. This premier community also offers Tiger Turf coated tennis courts, pickle ball, bocce courts, shuffleboard and horseshoes, as well as miles of walking trails. This gated community has a



















55+ and Retirement Communities

manned main gate 24/7. Visit their Community Open House Day, Oct. 20th.

INDEPENDENT LIVING COMMUNITIES, WITH CONTINUING CARE AND LIFE CARE COMMUNITIES

Many seniors are currently independent, but want or need, for themselves or their spouse, to live with support—moving from independent living to assisted living, followed by skilled nursing and several kinds of specialized facilities. When the sequence is combined on a single campus, it's called a continuing care community or life care community. Those listed have strong "independent living" programs.

Pennsylvania

DEVON

Brightview Devon

484-519-0097; BrightviewDevon.com

Brightview Devon is a new premier resortstyle independent living, personal care and dementia care community conveniently located at 301 E. Conestoga Road in Wayne. Offering an all-inclusive rental lifestyle with no large entrance fee, residents of Brightview Devon can enjoy vibrant living on site, explore the surrounding area and more, while having access to an experienced team of professionals if and when it's needed.

The Devon Senior Living

610-263-2300; <u>TheDevonSeniorLiving.com</u> Located in a beautiful, peaceful, rustic country setting, only minutes from area hospitals, restaurants and shopping centers. They offer Personal Care services, as well as award-winning Alzheimer's/Memory Care and short-term stays and feature distinct services and amenities in a comfortable, home-like setting, at 445 N. Valley Forge Rd.

DOWNINGTOWN

St. Martha Villa for Independent & Retirement Living

610-873-5300; Villa.StMRehab.org

Since 2003, St. Martha Villa has proudly served the Chester County community by providing exceptional service to independent and personal care residents. Activities serve a wide range of interests, which include pet therapy, gardening, musical events and daily mass. St. Martha Villa shares its campus with

St. Martha Center for Rehabilitation and Healthcare.

EXTON

Exton Senior Living

610-594-0200; ExtonSeniorLiving.com

GLEN MILLS

Glen Mills Senior Living

610-358-4900; GlenMillsSeniorLiving.com
Voted "Best Assisted Living in Delaware
County," providing personal care for residents
for over 19 years. Located only minutes from
area hospitals, restaurants and shopping centers, they have a seasoned team of caregivers,
providing the additional support needed to
maintain independence while receiving the
individualized care that suits residents' needs.
The community provides 24-hour nursing
supervision, short-term stays and rehabilitation services.

HONEY BROOK

Heatherwood Retirement

610-273-9301; HeatherwoodRetire.com

KENNETT SQUARE

Friends Home in Kennett

610-444-2577; <u>FriendsHomeInKennett.org</u> Options for seniors include Supportive

Independent Living, Personal Care Services and Skilled Nursing care for more intense care. All meals, housekeeping and laundry are included. They practice the Montessori Method of Care throughout the community and are a member of Leading Age & Friends Services Alliance. Friends Home in Kennett—where friends become family.

Kendal-Crosslands Communities

844-907-1800; KCC.Kendal.org

Customizable cottages and apartments adjacent to Longwood Gardens on an over 500-acre, accredited arboretum campus. Two LifePlan Communities and two 50+ neighborhoods. Amenities: several indoor and outdoor pools, art studios, gardens, hiking trails, dog park, tennis courts, therapy, fitness, multiple dining venues, two libraries and putting greens, all with 5-star rated healthcare. Member of Leading Age, FSA and accredited by CARF-CCAC.

LANCASTER

Willow Valley Communities

866-454-2922; Willow Valley Communities.org

Willow Valley Communities' residents pursue passions through innovative award-winning amenities: an 80,000-square-foot Cultural Center with fitness and aquatics centers, Day Spa, Art Gallery, 500-seat Performing Arts Theater, the 30,000-square-foot Clubhouse, with bowling alley, vintage arcade, outdoor pool, tennis courts, golf simulator, and 11 culinary venues. Willow Valley Communities' meticulous 210 acres, just minutes from Lancaster City, also offers Lifecare.

LITITZ

Luther Acres

600 E. Main St., Lititz St. John's Herr Estate, 200 Luther Ln., Columbia

Spang Crest, 945 Duke St., Lebanon 717-388-0274; Luthercare.org

Luthercare's three senior living communities offer a full complement of lifestyles, services, amenities and programs that empower residents to live healthy, more socially-connected lives. Explore the many options at their communities, from independent living cottages and apartments to supportive personal care and more. Here, you decide how you want to live without worrying about the future.

MALVERN

Echo Lake

484-568-4777

LivingAtEchoLake.com; SageLife.com

They're open! Retirement living, reinvented. At the leading edge of the "aging well" movement, Echo Lake has a comprehensive fitness and wellness center, innovative dining built around the latest trends in nutrition and a catalog of programming that dares you to explore ... think cruise ship, think country club, think spa ... and then, let your imagination run wild.

MANHEIM

Pleasant View Retirement Community

717-665-2445; PleasantViewRC.org

Nestled in the rolling hills of northern Lancaster County, Pleasant View blends a relaxing carefree lifestyle with opportunities to explore passions and interests. Because Pleasant View is so highly regarded and popular, it is expanding—West Lawn on the main campus and The Lofts in picturesque Lititz. Please call to learn more.





NEWTOWN SQUARE

Dunwoody Village

610-359-4400; <u>Dunwoody.org</u>

Since 1974, Dunwoody Village has set the standard in comfortable retirement living. With a convenient location in Newtown Square, residents enjoy a variety of amenities, including fine dining, fitness services and superb cultural offerings, as well as the peace of mind that Five-Star Healthcare offers.

White Horse Village

610-558-5000; WhiteHorseVillage.org

White Horse Village, a community of friendly, vibrant people age 62 and older, sits on 96 acres neighboring a state park, yet is only minutes away from cultural activities. Amenities include a wellness center with indoor pool/spa, bocce courts, library, billiards room, arts studio and wood shop. Skilled nursing, personal care, memory support and outpatient services are on-site.

NORTH WALES

Kyffin Grove

267-460-8100

<u>KyffinGrove.com</u>; <u>SageLife.com</u>

A perfect location—a campus of coordinated care. Kyffin Grove offers customized care and innovative memory care, beautiful surroundings and a cozy, intimate setting. Call to find out more.

PAOLI

Daylesford Crossing

610-640-4000

<u>DaylesfordCrossing.com</u>; <u>SageLife.com</u>

Daylesford Crossing is one of the Main Line's favorite supportive living communities ... completely personalized care, uniquely sophisticated surroundings and unparalleled hospitality. With 78 supportive living and specialized memory care apartments, Daylesford Crossing is perfectly located right in the heart of the western Main Line. Call to find out more.

PHOENIXVILLE

Spring Mill Senior Living

610-933-7675

SpringMillSeniorLiving.com

Welcome home to one of the most highly sought after senior living community in the area, offering exceptional personal care and memory care. With gourmet dining, events, daily activities, extra-large apartment homes with stone balconies and patios, Spring Mill is truly a great choice in senior living. Long tenured professional team members are available 24 hours a day to ensure that you live without worry. They'll take care of everything for you.

VALLEY FORGE

Shannondell at Valley Forge 610-728-5200; Shannondell.com

WALLINGFORD

Plush Mills

610-690-1630; <u>SageLife.com</u>

Plush Mills is different. You see it when you walk through the door; the upscale décor, the comfortable atmosphere and the feeling that this is a place where people know what it means to live well. With 157 independent and supportive living apartments, Plush Mills is just the right size—big enough to count on, small enough to care. Call to find out more.

WEST CHESTER

Barclay Friends

610-696-5211; <u>BF.Kendal.org</u>

Barclay Friends, a Continuing Care Community, is a Kendal Affiliate. With five gardens surrounding the community, they cul-

tivate the arts and gardens through music, visual arts, and horticultural therapy. Their highly regarded services include post-acute rehabilitation and nursing care, and they are Medicare and Medicaid certified. Coming in spring of 2020: residential living, get-away stays, personal care and memory care!

WYOMISSING

The Highlands at Wyomissing

610-775-2300; TheHighlands.org

The Highlands at Wyomissing is a non-profit Type A (LifeCare) Continuing Care Retirement Community situated on 113 acres next to beautiful Wyomissing Park. The Highlands offers 239 residential apartments of various sizes, 40 spacious two- and three-bedroom villas, 66 studio and one-bedroom apartments in Personal Care and 80 beds in the Skilled Nursing Center.

Delaware

NEWARK

Millcroft Senior Living

302-366-0160; FiveStarSeniorLiving.com

With more than three decades of attentive, friendly service, Millcroft is a senior living community offering spacious and comfortable independent living and assisted living apartments, as well as skilled nursing care, rehabilitation services, and respite/short stays, all in one beautifully landscaped campus with a highly skilled 24-hour staff.

WILMINGTON

Forwood Manor

302-529-1600; ForwoodManorDE.com

Located on 13 beautifully landscaped acres in Wilmington, Forwood Manor is a fullservice senior living community offering some of the finest in independent living and assisted























living residences, as well as skilled nursing care, rehabilitation services, and respite/short stays—all featuring friendly service by highly skilled 24-hour staff.

Foulk Manor North

 $302\text{-}478\text{-}4296; \, \underline{\textit{FoulkManorNorth.com}}$

Located in the heart of North Wilmington, Foulk Manor North is convenient to local shopping, restaurants and entertainment. They offer complete Senior Care for Independent Living, Assisted Living, Memory Care and Skilled Nursing. Ten-acre grounds have gardens, a screened in porch and walking trails. Call for details and to schedule a tour.

Foulk Manor South

302-655-6249

FoulkManorSouth.com

Foulk Manor South is a luxurious senior living

community that offers spacious and comfortable assisted living apartments, Five Star's award-winning Bridge to Rediscovery program for people with Alzheimer's and other types of dementia, and respite/short stays. They also offer intermediate care as a long-term skilled nursing option.

Shipley Manor

302-477-8813; FiveStarSeniorLiving.com

Shipley Manor has 24-hour, five-star service in a cottage or an apartment. You'll love their warmth, hospitality, dining and dedication to your health and wellness. Most of all, you'll love being a part of their family, from independent living, assisted living to skilled nursing and rehabilitation.

Somerford House Assisted Living Somerford Place Memory Care

302-266-9255

Somer ford House Newark.com

Offering assisted-living apartments and the award-winning Bridge to Rediscovery program for people with Dementia. Residents enjoy many services and amenities, including restaurant-style dining, 24-hour staff, social, educational and recreational activities, exercise/wellness programs, beauty salon, library, transportation, laundry and housekeeping.

SERVICES FOR SENIORS

Some seniors require a range of services, from legal advice and long-term care planning to making sure their personal belongings are moved with the utmost care.

OWM Law

Phoenixville: 610-917-9347

Pottstown: 610-323-2800; OWMLau.com
OWM Law's Certified Elder Law Attorneys,
Kathleen Martin and Rebecca Hobbs (*Certified by the National Elder Law Foundation)
are both accredited with the Department of
Veteran Affairs and members of NAELA and
PAELA. Their practice includes long term
care planning, medicaid planning and applications, asset protection planning, veterans
benefits, guardianships, special needs planning, trusts, estate planning and more.

Ruggiero Law Offices LLC

610-889-0288

PaoliLaw.com

At Ruggiero Law Offices LLC, their mission is to be creative problem solvers and indispensable advisors. Caring, comprehensive advice is provided in their offices, your home or care facility in the areas of estate planning, elder law, estate administration, business law and real estate. Work with them to provide for your future generations and give you peace of mind.

TLC Moving Services

610-268-3243; TLCMovingServicesllc.com

TLC provides a personalized and friendly service specializing in house and retirement home moves. They offer you a personalized, economical and worry-free service that specializes in planning, packaging, unpacking, sale of personal property, handyman services, appraisals and donations. •

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