



INDEPENDENT LIVING AT AMERICAN HOUSE

Independent living provides residents with convenient access to dining, activities, entertainment, outings and more. Residents enjoy the independent, maintenance-free lifestyle they want. Independent living is optimal for active seniors, who take comfort in knowing they have access to assistance when needed.

Our independent living program offers a variety of services, including: daily meals in a restaurant-style setting, housekeeping, engaging activities, entertaining events and chauffeured transportation – just to name a few.

If the need arises, our on-site, health care provider can provide a la carte services and custom care plans, which can include medication reminders, physical therapy and assistance with Activities of Daily Living (ADL).*

*Services are made available by an independent, third-party home care company at select communities.

YOUR STORY. TO BE CONTINUED.
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SENIOR LIVING COMMUNITIES

INDEPENDENT LIVING AT AMERICAN HOUSE (CONTINUED)

A Day in the Life of an Independent Living Resident

My name is Mary and I am proud to call American House my home!



Today, like most mornings, my day started with a long morning walk with the “Ladies Walking Club”. I love beginning my day with exercise and chatting with all of my friends. After we’re done, we always head to the local café to relax, have a coffee and eat a light breakfast.

After we enjoy our meal, I head back to my apartment to get ready for the day. More often than not, I make it just in time to join in on yoga. Today, however, we have the Exotic Zoo paying us a visit here at the community, so I’ll be attending that instead. I am excited to see all of the different animals!

Later on I’ll head up to my room and get myself ready for dinner. I enjoy getting dressed up for an evening meal. I always wear a piece from my extensive earring collection, and the girls love to comment on them.

Tomorrow I will head into town to go shopping. The ladies and I love to shop, and every Thursday we head to the local shops.

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