



Emmaus Retirement Lifestyle Guide



Cultivate Your Life!



It All Starts With You...

Picture yourself enjoying the all-new lifestyle choices and community cornerstones being brought to life in the heart of Emmaus. This new endeavor in active senior living offers countless ways for you to cultivate the dynamic lifestyle you've always envisioned.



Opportunities to Pursue Your Passions

This community offers avenues for you to continue to embrace your most cherished pastimes, as well as rediscover new ones. Whether reveling in all this community has to offer or uncovering the hidden gems in downtown Emmaus, each day presents new experiences for 62+ living.



- A variety of activities on campus and throughout the Lehigh Valley, such as cheering on the IronPigs at Coca Cola Park or enjoying the latest performance at Miller Symphony Hall, as well as many other cultural, athletic, and educational venues in the Lehigh Valley
- Classes and sessions promoting creativity, culinary pursuits, leisure, socialization, nature, and fitness
- Lifelong learning on campus and at nearby universities
- Regularly scheduled group outings

Optimal Wellness: The Focal Point of *Retirement Reinvented*

Holistic wellness encompasses more than just physical fitness. The emotional, social, intellectual, spiritual, occupational, financial, and environmental aspects of life are equally as important when it comes to ensuring that your aspirations for optimal well-being are met.

A community wellness coordinator, active lifestyle programs, and community spaces and amenities focused on wellness offer a wealth of resources to help you become your most healthy, vital self.

An Emphasis on Community

Multiple areas for socialization and relaxation strengthen bonds within the community and make it easier for friends and neighbors to connect with one another:

- Indoor and outdoor gathering spaces for year-round entertainment
- Casual dining options, including a restaurant and lively pub
- Partnerships in the local community to enjoy Lehigh Valley living



...And it Starts Right Here!

Natural Features in the Surrounding Area

You don't have to be the outdoorsy type to enjoy some of the community's exterior amenities. From gardening areas and pet-friendly green spaces to walking and biking paths, the beautiful backdrop of Emmaus's South Mountain offers more opportunities to delight in the great outdoors.

The Conveniences of Easy Living

Here, innovation and forward-thinking design accentuate the best parts of retirement living:

- **Flexible lifestyle choices:** apartment selection and customization, dining, activities, and more
- **Smart-home technology:** in-home controls promoting convenience and safety
- **Maintenance-free living:** maintenance, landscaping, snow removal, refuse collection, housekeeping, scheduled transportation, and more
- **A full continuum of senior living services:** priority access to higher levels of care should you need them

Experience what retirement reinvented looks like in Emmaus and find out why so many people are anticipating the innovative opportunities this active, 62+ community has to offer.

