



The Guide to Choosing the Best Retirement Community

Create Your Ideal Retirement Lifestyle at Sarasota Bay Club!

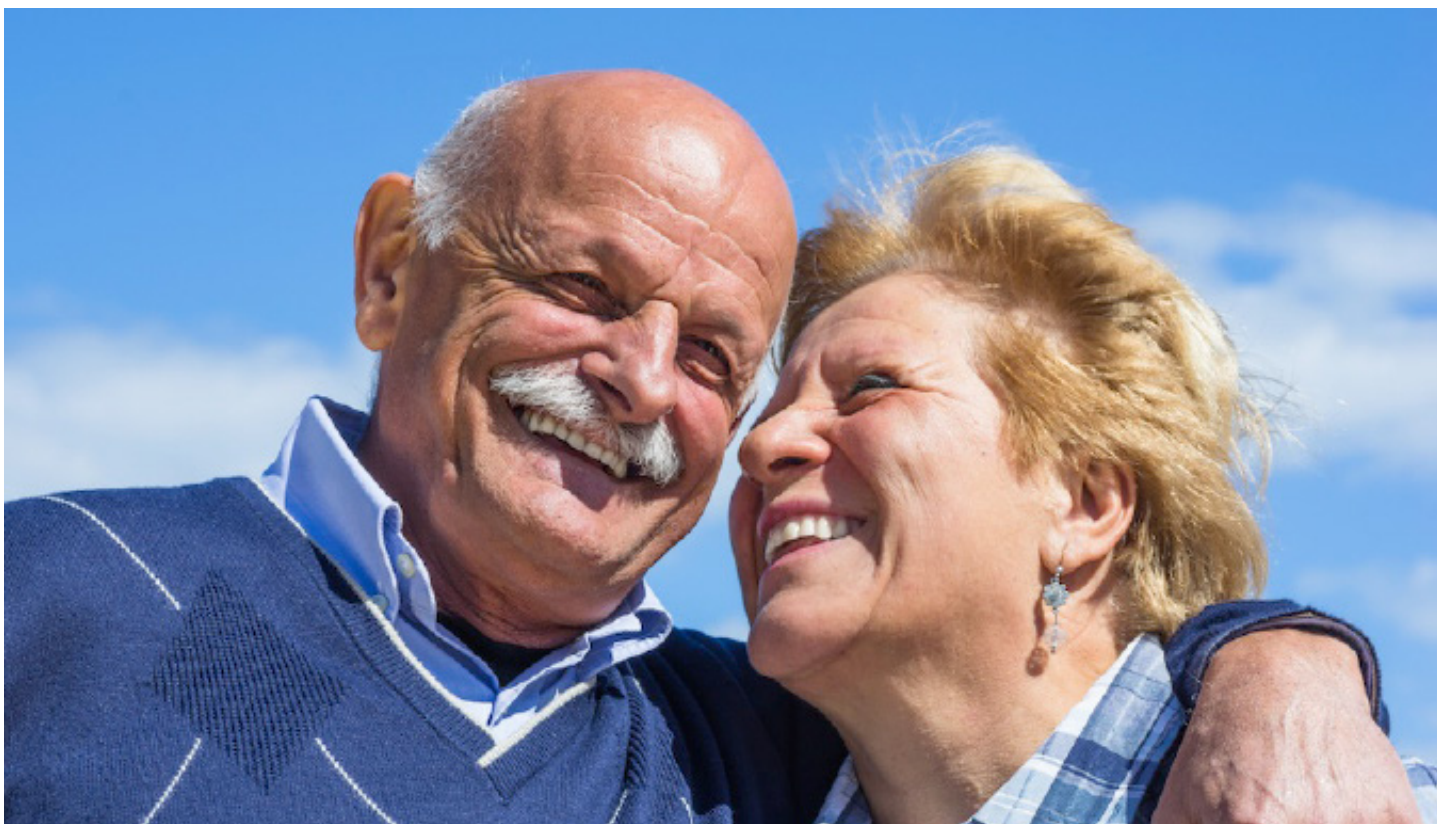


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Chapter 1

Things You Should Research Before Moving to a Senior Living Community

There are so many different types of senior living communities that the task of choosing the right one can seem overwhelming in the beginning. Keep in mind that, just as neighborhoods and people have their own unique, individual personalities, so, too, does each senior living community.

To help you wade through the confusing waters that come with choosing the right community, use this checklist as a guide:



Activities

It's important to understand the culture of prospective communities. If you're an active senior, whether it's in the social or athletic setting, make sure you discover the activity possibilities that suit your interests at each potential location.

Access to Medical Care

Accidents and medical misfortunes do happen, but you'll feel much more at ease if you have access to a skilled nursing team near your home.

Rehabilitation Facilities

If you end up with a medical concern, appropriate health care is often only part of the journey toward feeling better. Having easy access to a rehabilitation space can help expedite the healing process.

In-Home Care

A full-service senior living community will work to provide the most comfort to its residents in all circumstances. Research in-home care options so you know you'll be in good hands, should you need more assistance in the future.

Climate

It's important to settle into a community that suits your desires. If you're not a cold weather person, you should try to find a senior living community located in a more moderate or sunny climate.



Amenities

Where will you bank? Are there fitness facilities on campus? What kind of options exist for relaxation and socialization? The more amenities your senior living community has on campus, the more fulfilled you'll likely be in the long run.

Dining Facilities

Find a community that offers a variety of dining options, including a mix of formal and informal. Be sure to try the food when you visit- Sarasota Bay Club has an informational luncheon so you'll get to experience the food as well as the community!

Purchasing Options

Learn about all of the purchasing options of each community upfront to ensure that you find a place with a good fit when it comes to both buying and selling your property.

Visitors

Where will people stay when they visit you? Are there housing options nearby?

Floor Plans

Avoid having too much or too little space by finding a community that offers enough variety to find that "just right".



Chapter 2

When is the Best Time to Move to a Senior Living Community

Most people want to live at home for as long as they possibly can. Seniors today can remain in their homes for a long time by pursuing a healthy and active lifestyle; however, it is important to know when living at home is no longer feasible.



A senior living community may be your best option if you find that living alone is becoming a burden, either because it takes too much effort to clean, cook, and maintain your house or simply because you'd like to live somewhere you have more opportunities for social activities. If a senior is having difficulty with daily activities and their safety is at stake, then it may be time to consider moving them to a senior living community.

Naturally, the decision to move can be a scary one for seniors and their families. It involves change and the loss of independence, which are difficult notions for many people to accept. However, it is important that the decision be made. Here are some of the ways that you can tell when it is time for the move to a senior living community:

When Home Maintenance Gets to be Too Much

Owning a home is a big responsibility that requires the homeowner to perform a variety of chores to maintain their property. This is on top of the housework and cooking. If mowing the lawn, maintaining a garden, or general upkeep of the house is simply too much, then it may be time to make the move to a retirement community.

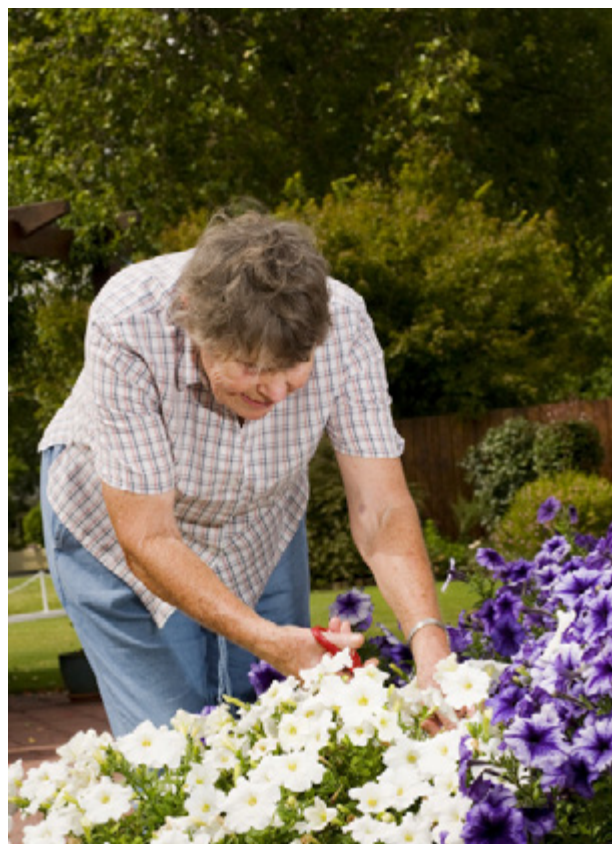
When Your Health Starts to Fail

It is a fact of life that our health tends to get worse with age. However, not only can a senior living community offer emergency response systems and trained staff, they can also provide exercise classes and food options to make maintaining health easier.

When Loneliness is an Issue

The US Census Bureau says that 28 percent of people over 65 live alone. A study from 2012 that was published in the Proceedings of the National Academy of Sciences has shown that socially isolated adults over 52 face a higher mortality risk. Loneliness has also been linked to issues like cognitive decline and dementia. A senior living community can be a solution for lonely seniors by giving them the opportunity to make new friends among the residents and staff.

Even if you are presently in good health, it is a smart idea to prepare for your later years when you may require more assistance.



Chapter 3

How to Make the Most out of Your Visit to a Senior Living Community

Once you've decided that it's time to make the move to a senior living community, you will need to visit the communities you think could be a good fit for you. Each individual will have their own criteria for choosing the right community. There is no one-size-fits-all checklist that is guaranteed to help you or a loved one find the right facility. Even so, choosing the right setting is extremely important. In order to make the best decision, you should be sure to visit a senior living community in person before deciding that it is the one.

You will use your visit to evaluate the community first hand. Each community is unique, but there are certain common standards and services that are offered. Keep the following in mind when visiting senior living communities:



Cleanliness

Do the facilities give you an overall impression of being clean and sanitary? Make sure to be thorough in your examination of the premises. Find out how often the personal living spaces are cleaned and ask about laundry services.

How Friendly is the Staff?

The attitude of the staff is one of the most important factors in a resident's quality of life. Try to observe how the staff members interact with residents. Find out how many members of staff are involved in a resident's care. Confidence in the facility's staff is essential.

Meals and Nutrition

The dining experience is an important part of life at a senior living community. As a part of your visit, you should have a meal there so that you can assess the quality of the food and evaluate the options and dining procedures. You may also get to meet and interact with some of the community's current residents.



Find Out About Personal Care

Ask about personal hygiene options and pay close attention to the condition of the residents. Observe whether they are clean-shaved and whether their nails are clean and their hair is properly groomed.

Talk to Residents and Their Families

Find out from residents and their families what they think about the community. Many senior living communities will make it easy for you to get answers to your questions.

Moving to a senior living community is a major decision. Make sure that you have a full understanding of all the factors so that you will be able to rest easy with your choice.

Chapter 4

How to Maintain Your Social Life After Retirement

You work your whole life so you can enjoy retirement, but for some people, work has become a place where you mix and mingle, socialize and shoot the breeze from time to time. Don't worry; a social life after retirement does exist!

Here are some simple ways to help you maintain your social life after retirement when the work days are officially done:

Do what you love to do

Throughout life, you have acquired some hobbies and interests that will play a pivotal role in your social life after retirement. Each of your interests, no matter how big or small, is an opportunity to embrace and enhance your social circle, especially when you move to a senior living community. Find groups that have similar interests, and join in on a meeting or two. For example, if you love reading, try a book club. If you enjoy sewing, seek out a group that works with needles and thread. Rec centers and retirement communities often offer easy access to like-minded people with pre-planned events and outings. Online sites such as meetup.com are great options for today's world, too, and most are pretty intuitive and easy to navigate after a visit or two.



Learn something new

In some cases, you might have wanted to learn a new skill for a long time and just didn't have the time. Have you always wanted to create pottery or learn how to play pool? Now that you've retired, you have plenty of time to delve into all of these desires. Keep in mind that there's a whole world of possibilities out there, and you may have interests that you aren't even aware of yet. Keep your mind and eyes open for opportunities to learn interesting things you haven't yet discovered. Behind every undiscovered opportunity is the chance to enjoy the moment with a new friend.

Commit to the effort

Whether you're trying to stay connected with old friends or make new ones, you'll need to commit to the effort. It can be easy to become complacent, so take the time to reach out and talk on the phone and schedule visits with your favorite people. Don't talk yourself out of new experiences, and follow through if you've found something that



looks interesting. Moving into a senior living community is a great way to socialize with people with similar interests and hobbies.

Chapter 5

Explore New Hobbies at Sarasota Bay Club

Located right on the waterfront in the heart of downtown Sarasota, Sarasota Bay Club is the ideal retirement community if you're seeking a fun, safe, maintenance-free lifestyle beneath the warm Florida sun. Living at Sarasota Bay Club gives you many opportunities to remain active by exploring old and new hobbies in an array of scheduled daily activities. If you've wanted to try something new such as fitness, art, crafts, cards, billiards or aquatic exercise, living at Sarasota Bay Club is the ideal home for you.

Lifestyle choices

Your days at Sarasota Bay Club can be as active or relaxing as you desire. The community provides everything you can think of or need. With the heated pool and fitness center, you can start the day with a casual swim, aquatic exercise class or invigorating workout. If you prefer a slower start to your day, you can just enjoy the stunning views from your residence with a cup of coffee and a good book. However you start your day, you can then spend the afternoon and evening partaking in the community activities that can give you new hobbies to learn and improve upon.



Full schedule

Along with the close proximity to the restaurants, culture, entertainment and shopping of downtown Sarasota, residents of the community have access to interesting activities within the club itself. Every month has a full calendar of events that go throughout the day and include activities such as bridge club, book club, seated or standing tai chi, guitar lessons, pool exercise, photography and art classes and so much more. There's also a multi-purpose theatre and auditorium that presents movies, shows and guest speakers that appeal to a wide range of audiences. If your desire for new hobbies includes learning to paint artwork or work with wood, the Sarasota Bay Club has a fully appointed woodworking shop and art studio that hosts instructional classes periodically.

Socialization is encouraged

Residents never feel isolated or forgotten at Sarasota Bay Club as the daily activities encourage socialization in a fun, safe and informative atmosphere. Your new hobbies can even include enjoying a relaxing massage on-site or going on one of the community outings to locations such as museums, grocery stores and shopping centers. The community dining area is a great place to get together with friends and learn more about your neighbors as well as planning activities that incorporate your new hobbies.

With these tips in mind, finding your perfect senior living community and transitioning into your new lifestyle should be a fun and encouraging process. If you still have questions or would like to set up a tour of Sarasota Bay Club, [contact us today](#) and we'd be happy to show you around as well as invite you to a [free luncheon](#).

