

FREDERICK *Living*

Where Age Fuels Purpose

Residents at Frederick Living believe that growing older is not about slowing down—it's about opening new doors to purpose, connection, and joy. Situated just east of Gilbertsville, PA, the non-profit, continuing care community is home to nearly 315 residents who enjoy Independent Living, Personal and Memory Care, and Healthcare services, all within a supportive and welcoming environment.

At Frederick Living, age is celebrated as a source of **strength and wisdom**. Everyone is proud to be part of a **pro-aging revolution**—where aging is not a limitation, but a gift that fuels purpose, strengthens communities, and helps change the world for the better.

Residents in Independent Living can choose from charming one- and two-bedroom cottages or spacious apartments, with options like sunrooms, balconies, patios, or garages. With inviting spaces like The Body Shop fitness center, cozy dining venues, a library, art studio, game room, and Wellness Suite, there's always something to enjoy.

Life at Frederick Living is also about community. With over 20 micro-groups, weekly gatherings, and a vibrant volunteer program, it's easy to make friends and find activities that spark joy. From painting and quilting to craft circles and campus-wide events, residents have endless ways to share their passions and discover new ones.

For those who need a little extra support, Magnolia House Personal Care apartments provide assistance while still encouraging independence and connection. Aspen Village offers specialized support for those living with dementia, and Cedarwood Nursing provides compassionate healthcare for residents with more advanced needs.

For those considering retirement living, a visit to the community is a must. The **Fall Open House and Resource Fair**, held September 19 from 11 am to 2 pm, provides the chance to tour a variety of accommodations, learn about pricing, meet professional vendors, and enjoy the resident craft fair. It's an excellent way to experience the warmth and creativity of the community firsthand.



Frederick Living doesn't just provide a place to live—they create a place to **thrive**. Residents have the opportunity to learn, serve, and grow while enjoying friendships and a deep sense of belonging. To learn more or register for events, call Lisa McCartin at 610-754-7878, ext. 1001.



Come see how retirement living can be purposeful, joyful, and full of possibility.