

suburbanlife

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With *Simplified Living* at **Acts Retirement-Life Communities**,
less is truly more.

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Through *Simplified Living* at Acts Retirement-Life Communities, residents say farewell to household maintenance and hello to a lifestyle that celebrates purpose, wellness, and ease.

Live Fully by **Living Simply**

At Acts Retirement-Life Communities, less is truly more.

For many people, the biggest obstacle to true freedom in retirement is taking care of a household. The endless cycle of maintenance, repairs, and chores can steal away the time meant for connection, exploration, and joy. Imagine, using that time for the things that truly matter to you, whether adventure, relaxation, or rediscovering yourself among friends who share your zest for life.

That's the promise of *Simplified Living* at Acts Retirement-Life Communities in Pennsylvania, where residents say farewell to household maintenance and hello to a lifestyle that celebrates purpose, wellness, and ease.

"At Acts, your home should never hold you back from truly living," says Stephanie Morgan, Acts Design Director. "*Simplified Living* means reclaiming your time and space—so you can focus on the things that make you happiest."

To bring this idea to life, the Acts design team created a variety of apartment home configurations that allow for rightsizing without compromise.

"Simplifying your life has a powerful effect on your well-being," says Morgan. "Not having clutter makes room for more enjoyment."

Life Beyond the Front Door

Of course, living simply doesn't mean living small. Acts residents often compare their resort-like campuses to luxury cruise ships, where everything they need or want is just outside their door.

Need a boost of energy? Join a cardio-drumming or water aerobics class. Prefer friendly competition? Try pickleball, croquet, or chair volleyball. If mental fitness is more your speed, engage in lifelong learning with visiting lecturers or test your skills in a brain games workshop.

For those seeking creative fulfillment, the art studio, woodworking shop, and crafts room are always buzzing. Residents can even give back by volunteering—proof that joy often grows from purpose.

When it's time to unwind, Acts' dining venues rival the best neighborhood spots. Enjoy upscale cuisine prepared by professional chefs or grab a casual bite

at a relaxed bistro. With dozens of local restaurants, shops, and cultural attractions nearby, every day brings something new to explore.

Simplify Today, Secure Tomorrow

What truly sets Acts apart is Acts Life Care®, which means higher levels of care will be available to you in today's dollars, should you ever need them, so you can spend less time worrying about the future and more time enjoying today.

"Rightsizing" at an Acts community isn't about giving things up—it's about gaining more of what matters: time, connection, and freedom from stress. By simplifying your home and schedule, you create more room for friendships, hobbies, and meaningful experiences.

Just ask Elaine Walker, a resident at Lima Estates, an Acts community in Media, Pennsylvania.

"As my birthdays accumulated, I began to think of ways to make life easier for both me and my adult children," she says. "After visiting six CCRCs, I chose Lima Estates, which met all my requirements. Many Acts communities now offer 529-square-foot apartments with

A photograph of two men in a workshop. The man on the left is standing, wearing a plaid shirt and jeans, holding a paintbrush. The man on the right is sitting on a workbench, wearing a light blue button-down shirt and jeans. The background is filled with various workshop items like wood, tools, and a hanging apron.

Art studios, woodworking shops, and crafts rooms enable residents of Acts communities to seek creative fulfillment.

everything I need to live a comfortable life. The units all have built-ins to provide storage space for everything I brought with me. Because it is compact, it is easy to clean. I am proud to show off my new home to friends and relatives. They were amazed at the style and comfort.”

Simplified Living is, at its heart, a philosophy: a shift toward quality over quantity, purpose over possessions. It’s the freedom to focus on joy, to spend mornings at a painting class instead of repairing gutters, and evenings laughing with neighbors rather than managing chores.

“I am here for enjoyment,” says Ellen McLain, a resident at Fort Washington Estates. “Since I’ve been here, I’ve tried out things I haven’t done in decades.”

A Fresh Start with Purpose and Joy

Acts Retirement-Life Communities continues to innovate, offering new options and opportunities to support this lifestyle across its campuses nationwide. From design-forward residences to thoughtful amenities, Acts has built more than a place to live—it has created a way to thrive.

Simplified Living doesn’t mean sacrificing joy. It means making room for what truly matters. ■

“At Acts, your home should never hold you back from truly living. *Simplified Living* means reclaiming your time and space—so you can focus on the things that make you happiest.”

— Stephanie Morgan, Acts Design Director



To learn more about reclaiming your time, simplifying your life, and living with freedom and purpose, visit AboutActs.com/SuburbanPA or call (888) 772-8312.