

# Independent Living



## Choose a lifestyle of independence, social engagement, and pursuing passions.

Moving can feel daunting, especially when selling a home you've had for years. But many residents tell us that life in the community gives them more independence than they had before. Freed from everyday chores, they can focus on what truly matters—pursuing personal goals, building friendships, and spending time with loved ones.

Instead of worrying about long to-do lists, they embrace a life filled with enriching social experiences, wellness classes, and special events that make each day purposeful.

## Find fulfillment in all the things you love

Whether you're interested in staying active, seeking new adventures, or forming new friendships, our independent living options support your lifestyle.



### The Art of Delicious

Enjoy fresh, flavorful meals that promote connection and well-being. We use high-quality ingredients, prioritizing taste and nutrition.



### Special Events

Expand your horizons with enriching experiences, including creative workshops, adventurous excursions, and engaging seminars with guest speakers.



### Health & Wellness

Stay healthy and active with holistic wellness programs, on-site specialty care, and fitness classes.



### Meaningful Social Experiences

Find purpose through building meaningful relationships with friends and neighbors over shared hobbies, passions, and interests.



### Passion Projects

Tap into your creativity with interactive art courses, projects, and events hosted by our friendly staff and guest instructors.



### Off-Site Excursions

Join regularly scheduled off-site excursions to theater performances, culinary journeys, outdoor destinations, and more.

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**At The Springs Living, we know that just because we get older, we're still as young as ever on the inside.**

We still have hopes and dreams to pursue, whether seeking exciting adventures, creative expression, or intellectual goals. That's why The Springs Living is committed to supporting residents' wellness holistically—body, mind, and spirit.

“  
I feel happy here . . . I get to learn new things from new people all the time. Acquaintance turned to friendship in many cases, and that was true with the people who were residents here . . . and it was equally true with the staff in the building.”

**Barbara Roberts**

Former Governor of Oregon (1991–1995)  
and a Springs Living Resident



**Experience Why Life is Just a Little Easier Here<sup>®</sup>**

**Schedule Your Personalized Tour Today**

**[TheSpringsLiving.com](https://TheSpringsLiving.com)**



**The Springs Living<sup>®</sup>**