

Offering a continuum of lifetime care for senior adults, McKendree Village is committed to enhancing the quality of life of its residents. Every day, the residents of the campus benefit from a vibrant chaplaincy program and a wide range of recreational programs as well as proximity to banking, medical care, grocery stores, pharmacies, shopping centers, and other community resources. Recognizing that the residents of the McKendree Village campus bring with them a diverse history of experiences and unique interests, McKendree offers many opportunities for residents to stay involved and share their interests and passions.

Maintaining fitness and health is an important part of life for many McKendree residents! Located on a 42 acre, park-like setting with a walking trail and greenspace for gardening, residents find many amenities on campus that support their goals. The campus facilities such as a fully equipped wellness center and an indoor saltwater pool are readily enjoyed by all residents. Many residents find it easy and convenient to exercise on their own or with a friend and may also take advantage of McKendree's full time fitness instructor to provide class instruction and advice on exercise and wellness activities.

In addition to developing and maintaining friendships on campus, McKendree residents take part in regularly scheduled events and trips throughout the Nashville/Middle Tennessee community. One recent event was a trip to Ethridge, Tennessee to visit the Amish community there. McKendree residents raved about their excellent lunch at the Amish-run restaurant, The Red Rooster. Residents also marveled at the creativity and resourcefulness seen in the crafts, furniture, food and other items made by the Amish, including beautiful bentwood rockers, homegrown canned vegetables, homemade jams and jellies, baskets and candles. When asked about their impressions of the trip, one McKendree Resident said "Good food, good fellowship, and a good place to buy a walking stick, fresh corn and honey!". On the way back to McKendree Village, everyone agreed that it was fascinating to learn about the Tennessee Amish culture by experiencing it first hand, but they also looked forward to returning home to their delicious chef-prepared dinner in the McKendree dining room!

Along with attending events and programs throughout the area, McKendree Village residents also have the advantage of activities that bring the community to them. In the coming months, McKendree Village residents will enjoy a number of events hosted on the campus that are open for area seniors and the public. As a continuation of McKendree Village's 50th anniversary celebration this year, the campus will sponsor a "Senior Adult Block Party" Sept. 11 that will feature area restaurants, retailers, grocers and organizations serving seniors. The event will also include health screenings, music, product and service discounts and door prizes. Free, convenient parking is available for the event, and all area senior adults and their families are invited and encouraged to attend!

Just one month later on Saturday, Oct. 12, McKendree Village will host the Exchange Club of Donelson-Hermitage's 26th Annual Car Show, which draws car enthusiasts from throughout the region to enjoy vintage and modified cars, trucks and motorcycles. In addition to the awards for each class of vehicle, other trophies that day will include "Ladies Choice", "Best Street Rod", "Most Unusual", "Best Chrysler", "Best General Motors", "Best Ford" and "Best Stock". This year's "Best in Show" trophy will be awarded to the winner in memory of long time volunteer Riley Young, who was a dedicated show volunteer for 21 wonderful years. Also Oct. 12, the McKendree Towers library will host a book sale from 10 a.m.-2 p.m.

Of course, the best way to get to know the wonderful people, homes and services of McKendree Village is by experiencing it first hand through a personalized tour, which can be scheduled at your convenience by calling (615)871-8200. As one new member of the McKendree community recently commented, "I feel like it's my birthday, Christmas and Fourth of July everyday! There's always something to do. I wish I had moved here sooner."