



A NEW VISION FOR LIVING WELL – *Really Well*

Abe's Garden Independent Living has a 60-year history of providing seniors an environment to flourish. With a refreshed commitment to fostering healthy living for seniors, we incorporate evidence-based approaches to purposeful engagement and mind and body healthy opportunities into our versatile activities calendar.

Our Mission

To establish a replicable model for senior life that is focused on brain health, wellness and purposeful living.



Abe's Garden[®]
Independent Living
Wellness and Lifelong Learning

Courtney Robinson
615.467.6903
crobinson@abesgarden.org

115 Woodmont Boulevard
Nashville, TN 37205

www.abesgarden.org

    @abesgarden 

Abe's Garden Community is a 501(c)(3) nonprofit organization.



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Extraordinary LIVING

Our retirement lifestyle is unlike any other you'll find. From the natural beauty of our 7 acre Belle Meade campus to our abundant amenities, cultural enrichment, fitness and wellness activities, and unique opportunities to learn new things, if you are eager to fully engage with life, you'll love our hassle-free lifestyle.

CURATED SERVICES MAKE LIFE EASY – *and Hassle-Free*

Being an Abe's Garden Independent Living resident means you can relax and live your life exactly how you want because with us, your needs and wants are met.

Forget household chores, housekeeping and home repairs – we take care of it for you. When you don't feel like driving, transportation is available. Cook when you want, and when you don't want to cook, join your friends and enjoy restaurant-style dining that incorporates locally sourced foods and fresh seasonal produce from our onsite garden.

Our active calendar is designed to inspire a social, purposeful lifestyle. Explore different hobbies, share stories with your new friends, change up your exercise routine, learn about other cultures ... at Abe's Garden Community, you have access to endless opportunities.

We also provide opportunities to tend to your health onsite, including nurse practitioner services, physical therapy, occupational therapy, speech therapy, podiatry, and audiology.



Engage IN LIFE

Living well means staying active and engaged – and with us, it's easy. Take a walk around our beautiful, wooded campus, or join an onsite yoga class in our 24/7 fitness and wellness center. Socialize with neighbors during our weekly wine and cheese happy hour or invite family to dinner in our renovated dining room. Sign up for a cultural or educational experience – or, take a short off-campus trip to The Frist Museum.

At Abe's Garden Community, your experience is yours to create. We simply provide the setting, resources and all services you need to make your life easier, more fulfilling and more enjoyable.

Charming APARTMENT LIVING

We have a wide array of apartment designs and sizes ranging from studio to deluxe two bedrooms. Our independent living apartments have been recently renovated and include luxury finishes and fabulous views.



A Rental COMMUNITY

Abe's Garden Independent Living is a monthly rental community, so you won't have to pay large entrance fees or decipher complicated contracts. For one affordable monthly fee, all utilities are included and you'll enjoy delicious daily meals and access to a wide range of on-campus services and amenities.

SECURITY AND *Peace of Mind*

Being surrounded by support means never having to wonder what happens if your health needs change. As part of Abe's Garden Community, our campus includes assisted living, supplemental in-home care, and priority placement for our world-class memory support.