

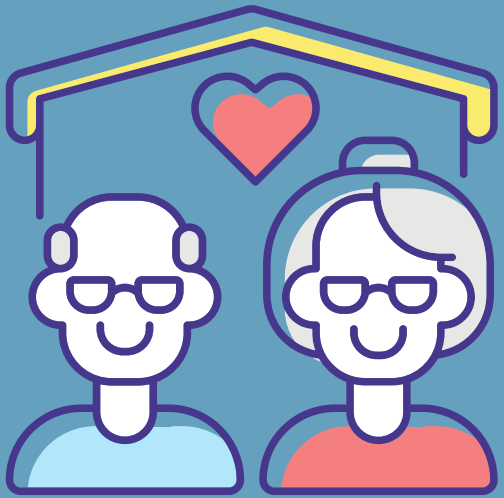
# Your Guide to Senior Resources Dunedin, FL

Wecome to Dunedin! A charming Gulf Coast town with coastal beauty, a walkable downtown, and a warm community spirit—the perfect place to live, relax, and stay active.

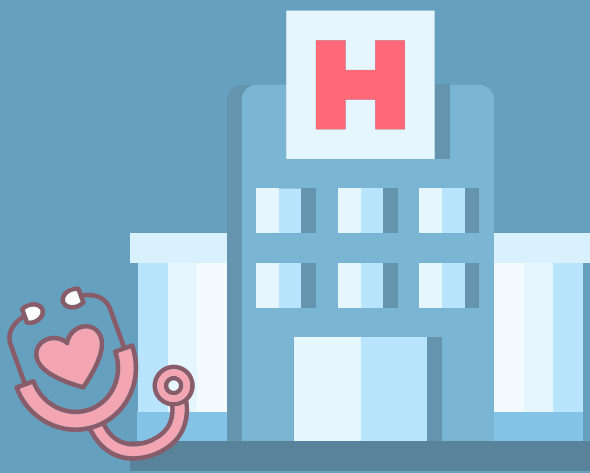
## HOUSING & LIVING

Acts | Mease Life

- A continuing care retirement community in Dunedin offering independent living, assisted living, memory care, and skilled nursing—all on one campus.



**Fact: Multiple levels of care gives peace of mind for the future.**



## HEALTH & WELLNESS

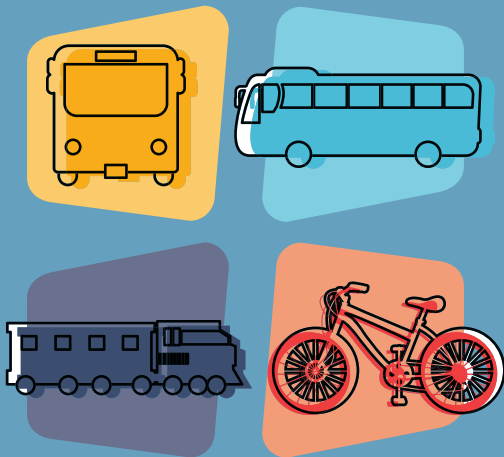
- Hospitals & Medical Centers: Morton Plant Hospital, Mease Dunedin Hospital
- Senior Centers: Hale Senior Activity Center offers fitness classes, educational programs, and social events.



**Fact: Dunedin boasts a high ratio of medical professionals compared to many Florida communities.**

## TRANSPORTATION

- PSTA (Pinellas Suncoast Transit Authority): Seniors enjoy discounted bus fares for easy, affordable travel.
- Pinellas Trail: A safe, scenic path popular for walking, biking, and staying active.



**Fact: The Pinellas Trail runs right through Dunedin, connecting seniors to nearby towns and recreation spots.**



## COMMUNITY & RECREATION

- Attractions: Dunedin Fine Art Center, Dunedin Historical Museum, Dunedin Causeway, Gulf Coast beaches, and the charming downtown district.
- Explore: Parks, community events, and programs designed with seniors in mind.



**Fact: Many recreation programs in Dunedin are created specifically for older adults.**

## SUPPORT SERVICES

- Local Help: Food assistance programs, home-based support, and resources for daily living.
- Community Spirit: Volunteer groups are active in helping seniors with errands, companionship, and more.



**Fact: Dunedin's strong volunteer culture means seniors are never alone.**

Ready to explore Dunedin?  
Contact us to learn more about life at Mease Life!