



YOUR *Life*[™]
OF PALM BEACH GARDENS

INDEPENDENT LIVING,
ASSISTED LIVING & MEMORY CARE

ASSISTED LIVING



INSPIRED • ENGAGED • FULFILLED





A WORLD OF POSSIBILITIES

If there comes a time that you, or a loved one, need a bit of support to remain living an independent lifestyle, **YOUR Life**[™] of Palm Beach Gardens offers the ideal solution.

Our Assisted Living program does more than provide the peace of mind of 24-hour support. Through our services, amenities and **YOUR Story** programming, we open a world of possibilities.

Swimming. Art instruction. Cooking demonstrations. Movies. Book clubs. Card games. Relaxing strolls. Rejuvenating fitness classes. Delicious dining. Friends and family. Beautiful surroundings. And more.

One thing is for sure: you'll never be lonely or bored. When you move to our vibrant community, every day is filled with opportunities to be Inspired • Engaged • Fulfilled.

Isn't that the way you want to live?

DESIGNED FOR YOU.

Defined by you.

PERSONALLY INSPIRED SUPPORT

At **YOUR Life™**, we see each resident as an individual, understanding that everyone has his or her own story, specific needs and personal preferences. With that information, we develop personally inspired care plans that value and support each person's independence.

Whether you need help getting dressed in the morning or preparing for bed at night – or any other assistance with daily tasks – we deliver the care and support that are needed to help you live as independently as possible.

CARING TEAM

Our Wellness Department is led by a Registered Nurse who oversees a compassionate team of licensed nurses and **YOUR Life™** Personal Care Specialists. These caring professionals are on site 24 hours a day, seven days a week, granting peace of mind to residents and their families.

THE ASSISTANCE YOU NEED

Based on individual needs, **YOUR Life™** Personal Care Specialists assist with all the activities of daily living, including:

Bathing

Grooming

Dressing

Walking/escorts

Eating

Medication management provided by Licensed Nurses



WHERE **YOUR** *Story* COMES TO LIFE

Services, Amenities and Programming

Our signature program, **YOUR** *Story*, creates an individual experience centered around each resident, encompassing services, amenities, activities, dining and more. This is a way of life designed for you, but more importantly, defined by you.



SERVICES

From help that frees you from the responsibilities of daily chores to **YOUR Story** programming designed to uplift and inspire, we offer a variety of services that create beautiful days.

Daily **YOUR Story** activity programming, including:

Cultural, educational and health/wellness programs

Scheduled outings and other special events

Music therapy

Art therapy

Pet therapy

Exercise and fitness programs

Your favorite hobbies and interests

Trained **YOUR Life™** Personal Care Specialists available 24 hours a day

Assistance with activities of daily living

Personally inspired support

Licensed nursing staff on site 24 hours a day

Ongoing monitoring of health and wellness needs

Housekeeping and linen services

Personal laundry services

Scheduled transportation

All utilities (except telephone)

SERVICES AVAILABLE FOR AN ADDITIONAL FEE:

Beauty salon/barber shop

Manicure/pedicure

Guest meals

Non-scheduled transportation

Appointment escort and companion service

Medical/care supplies





DINING

At **YOUR Life™**, we place great emphasis on our dining services. After all, enjoying delicious food is one of life's greatest pleasures. Moving to an assisted living community shouldn't change that.

We take pride in serving homemade, from-scratch meals using fresh, locally sourced ingredients for the most mouthwatering and satisfying experience possible. Served in our dining rooms, all meals are elegantly presented, making each meal an event to be savored from start to finish.

To keep options fresh, the menus are varied and feature seasonal selections. We especially look forward to holidays, when we serve traditional favorites that bring back cherished memories.

A PLACE OF YOUR VERY OWN

In the heart of this vibrant, active community, you'll find a place to call your very own. Choose a floor plan and style that fits your needs from our studio, one- and two-bedroom options. All apartments feature well-appointed kitchenettes, large windows to let in the sun and ample closet space.



COMMUNITY AMENITIES



A warm, welcoming community, **YOUR Life™** of Palm Beach Gardens immerses you in comfort and ease. This is a community designed to make every day a joy, with amenities including:

Lobby Café with Grab-and-Go Food Selections

MacArthur's Pub

Skipper Dining Room

Palmer Private Dining Room

Outdoor Walking Paths

Al Fresco Dining

Fire Pit

Outdoor Pool

Putting Green

The Banyan Grand Ballroom

The Gardens Creative Expressions with
Chef Demo Area (specially created area for
YOUR Story programming events)

The Dunes Creative Expressions

Library

Art Studio

Game Room

Chapel

Coastal Theater with Surround Sound

Fitness Gym

Therapy Center

Coastal Salon

Spoonbill Creamery

WELLNESS TECHNOLOGY

At **YOUR Life™**, your wellness is at the heart of everything we do. With the implementation of advanced technology, we take living well to a new level of convenience and innovation.

Your own Wellness Band tracks your steps, lets you signal for assistance no matter where you are in the community, and most importantly, alerts staff for an immediate response if you ever have a fall.

Touch-screen TVs provide a host of group and individual engagement activities and even allow you to engage in real-time with your family!

Electronic care devices provide instant response and access to records at a fingertip. Staff members carry the devices at all times to provide real-time wellness and support.

DESIGNED FOR YOU.
Defined by you.

At **YOUR Life™** of Palm Beach Gardens, we offer everything you need and want to live an active, inspired life! We'll even develop individualized programs and activities centered around your favorite hobbies and interests. Best of all? The choices are all yours. You spend your days just as you please, as busy and involved or as relaxed and quiet as you desire.

So, how will you spend your time?

Start your day with a breakfast served outside in the fresh air. Take a relaxing stroll on our walking paths or take a dip in the outdoor pool. Take a watercolor class in the art studio or enjoy a cooking class and tasting in the chef demonstration area in The Gardens Creative Expressions. Grab lunch at the Lobby Café. Have your hair done at the Coastal Salon. Join friends for cocktails at MacArthur's Pub, then dinner in the Skipper Dining Room. Stop by the Spoonbill Creamery for refreshing ice cream for dessert.





RESPIRE STAY

We respect those who care for their loved ones at home, but we also understand that you need time for yourself, too. Our Respite Stay program offers personalized support, **YOUR Story** programming, services and amenities for your loved one so you can have time to yourself with complete peace of mind. Respite is also an ideal solution when post-hospital recovery or rehabilitation is needed.

A Respite Stay can be an easy way for someone to “try **YOUR Life**™ on for size” and enjoy a temporary stay to get a feel for life at our community.



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THE FINEST CARE, DESIGNED FOR YOU.
AN INSPIRING EXPERIENCE, DEFINED BY YOU.
YOU'LL FIND IT ALL. *RIGHT HERE.*

To learn more about Assisted Living at **YOUR** *Life*[™] of Palm Beach Gardens,
we invite you to call or visit our website today.

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