



INDEPENDENT LIVING,
ASSISTED LIVING & MEMORY CARE

INDEPENDENT LIVING WITH
SUPPORTIVE SERVICES



INSPIRED • ENGAGED • FULFILLED





CAREFREE LIVING ON THE FLORIDA COAST

Imagine enjoying all that a Floridian lifestyle has to offer – the warmth, the sunshine, the beaches, the culture, the relaxation – without any of the chores or responsibilities of homeownership. Now picture that lifestyle plus the peace of mind that comes with knowing that support is available 24/7.

You've discovered Independent Living with Supportive Services at **YOUR Life™** of Palm Beach Gardens.

Come indulge in the active, engaging lifestyle you've aspired to – without any of the worries. 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.

SUPPORT AVAILABLE 24/7

At **YOUR Life™**, we see each resident as an individual, understanding that everyone has his or her own story and preferences. If you ever need support or assistance, we will deliver personally inspired care that caters to your specific needs.

Whether you need help getting dressed in the morning or safely taking medications – 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.

ASSISTANCE AVAILABLE 24/7

If it's ever needed, **YOUR Life™** Personal Care Specialists can 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 ... all 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

Ongoing monitoring of health and wellness needs

Housekeeping and linen services

Personal laundry services

Scheduled transportation

All utilities (except telephone)

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

Assistance with activities of daily living (if and when needed)

Licensed nursing staff on site 24 hours a day

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 a senior 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 community 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 fresh breakfast served outside in the fresh air. Take a relaxing stroll on our walking paths or a refreshing 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 STAYS

Our Respite Stay program offers personalized support, **YOUR Story** programming, services and amenities on a temporary basis. It's an ideal solution when post-hospital recovery or rehabilitation is needed or can be an easy, no-obligation way for someone to "try **YOUR Life**™ on for size." A temporary stay with us is a great way to get a feel for the vibrant, carefree lifestyle at our community.



YOUR *Life*[™]
OF PALM BEACH GARDENS

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ASSISTED LIVING & MEMORY CARE

Inspired • Engaged • Fulfilled

A COMMUNITY DESIGNED FOR YOU.
AN INSPIRING EXPERIENCE DEFINED BY YOU.
YOU'LL FIND IT ALL. *RIGHT HERE.*

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

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