

# Active *lakeside living*



Westminster  
Lakeland

# A Plan for *Living Well*

*By choosing a Westminster community, you're choosing security for the future. That's because a Life Plan Community offers the assurance of a wide range of important aging services to meet life's changing needs.*

You can rely on us as a trusted partner to help you meet your future needs, offering:



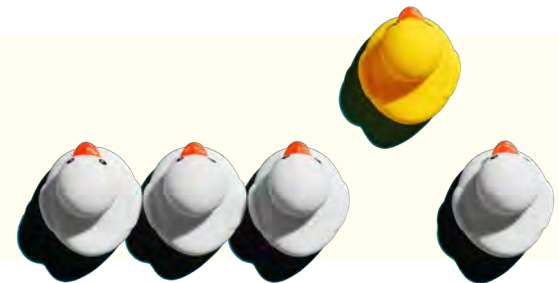
- ▶ Active, **Independent Living**, with an exciting, maintenance-free lifestyle
- ▶ **Assisted Living** for those who need a little support with daily living
- ▶ **Short-Term Rehabilitation and Therapy** to get you back on your feet and doing the things you love
- ▶ **Home Care** for assistance like meal preparation, walking the dog or medication management
- ▶ Convenient **Pharmacy Services**, plus consultations from pharmacists specializing in care for seniors
- ▶ **Long-Term Nursing Care** for those who need 24/7 nursing assistance
- ▶ **Memory Care** tailored to meet individual needs to preserve independence

Choosing a Life Plan Community now gives you the assurance you need *for the future.*

# The Not-For-Profit Difference

*A Life Plan Community allows older adults to enjoy the exciting and active lifestyle today while resting easier knowing that there's a plan for the rest of your life.*

But what sets *Westminster communities* apart from other Life Plan Communities?



1

A *not-for-profit, faith-based family* of senior living communities solely dedicated to serving older adults

2

*Fiscally strong partners* for your future, with an investment-grade A- bond rating from Fitch Ratings

3

*Assistance for residents* who outlive their financial resources, provided by the Westminster Communities Foundation

4

A senior living organization with *decades of service* and guided by a Mission to inspire older adults to enjoy happy, healthy and purposeful lives

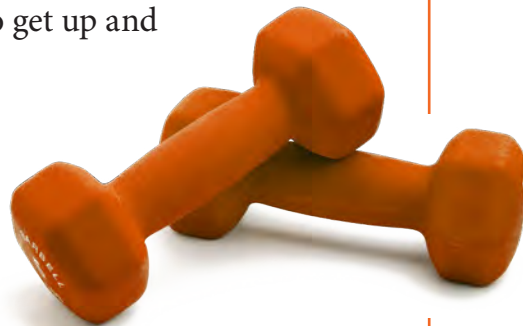


# An Active Lifestyle

*A Westminster community is so much more than just a beautiful residence in a great location.*

We offer residents and team members an active and engaging lifestyle inspired by our exclusive *MyWLife* well-being program. Our goal is to keep residents as independent as possible for as long as possible, and to give each resident a great reason to get up and get moving every morning.

Just outside your front door, you'll find a plethora of wellness, lifelong learning and social opportunities.



The most difficult question you'll have to answer is:  
*What will I do today?*



*MyWLife*

## 8 Dimensions of Well-Being

- ▶ Physical
- ▶ Emotional
- ▶ Lifelong Learning
- ▶ Spiritual
- ▶ Nutritional
- ▶ Vocational
- ▶ Social
- ▶ Community



*Scan this code to explore our MyWLife program in more depth.*

# Serving Up *Fresh and Memorable* Dining

*Enjoy a menu of delicious, chef-prepared dining options every day, when you choose Westminster Lakeland.*

Our talented culinary teams design menus highlighting seasonal, locally grown ingredients, and find opportunities to highlight cuisine from all around the world in our scratch-cook kitchens.

Experience contemporary cuisine in a stunning lakefront venue, where seasonal menus are served restaurant-style for breakfast, lunch, and dinner.

Stop worrying about doing the dishes and start enjoying *delicious fare every day!*



# Westminster Lakeland

## *Active Lakeside Living*

*Our community offers something for everyone starting with a beautiful location on 48 acres of neighborhood streets on Lake Hunter in the historic Dixieland neighborhood of Lakeland.*

At Westminster Lakeland, you're just minutes away from Lakeland's downtown district and local attractions. Stroll through Hollis Gardens, examine the architecture of Florida Southern College's Frank Lloyd Wright buildings or see the new exhibits at the Polk Museum of Art. Enjoy all the benefits of living at a Life Plan Community plus delightful amenities, including:

- ▶ 6,000-plus volume library
- ▶ Woodworking and painting studio
- ▶ Gardens and community rooms for resident and family gatherings
- ▶ Fully-equipped fitness center
- ▶ And more!



## Discover the residence that *best fits your lifestyle.*

*Choose from a wide variety of villa homes on tree-lined, neighborhood streets and lakeside apartment residences ranging in size from studios to two-bedrooms.*



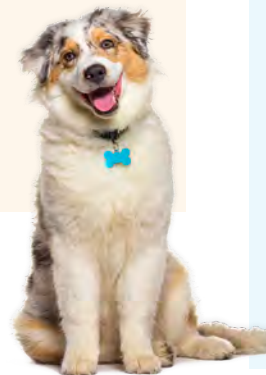
### OUR VILLA HOMES FEATURE:

- ▶ Rolling lawns
- ▶ Covered parking
- ▶ Fully-equipped kitchens
- ▶ Lakefront options available



### OUR APARTMENT HOMES FEATURE:

- ▶ Scenic lake views
- ▶ Fully-equipped kitchens
- ▶ Newly-renovated floor plans
- ▶ Move-in ready options



Plus, your furry friends are welcome!

*No matter what choice you make, every residence offers:*

- ▶ **Home maintenance**, inside and out
- ▶ A full calendar of **lifestyle opportunities** every day
- ▶ **Services and amenities** to enhance your lifestyle, like housekeeping, scheduled transportation and fitness center
- ▶ Priority access to the **full continuum of care**, including assisted living, nursing care, rehabilitation and more





## OUR MISSION

We serve from the heart and inspire older adults to enjoy happy, healthy and purposeful lives.

