



*Active senior living  
in the heart of it all*



Westminster  
Palms

# 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.*



## *Services available at our community:*

- ▶ Active, **Independent Living**, with an exciting, maintenance-free lifestyle
- ▶ **Assisted Living** for those who need a little support with daily living
- ▶ **Home Care** for assistance like meal preparation, dog walking or medication management
- ▶ **Long-Term Nursing Care** for those who need 24/7 nursing assistance
- ▶ **Outpatient Therapy** for personalized care without an overnight stay

## *Services offered at a St. Petersburg Westminster community:*

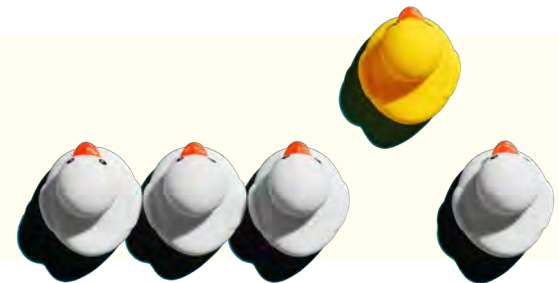
- ▶ Convenient **Pharmacy Services**, plus consultations from pharmacists specializing in care for seniors
- ▶ **Inpatient Therapy and Rehabilitation** to get you back on your feet and doing the things you love
- ▶ **Memory Care** tailored to meet individual needs to preserve independence

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

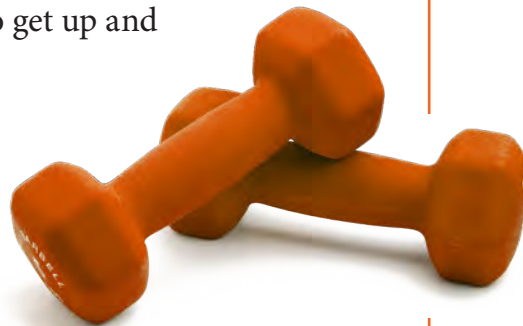


# An Active Lifestyle

*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 an abundance of wellness, lifelong learning and social opportunities.



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



## 8 Dimensions of Well-Being

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

*Visit [WestminsterPalmsFL.org](http://WestminsterPalmsFL.org) 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 Palms.*

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. Choose from:

- ▶ **Contemporary dining** with seasonal menus served restaurant-style for lunch and dinner
- ▶ **Casual dining venue** highlighting local favorites and chef's specials
- ▶ **Grab-and-go**, freshly prepared and packaged sandwiches, salads, soups and more, for a quick bite after a lifelong learning seminar or a fitness class

Stop worrying about doing the dishes and start enjoying *fresh cuisine every day!*



# Westminster Palms

## *City center oasis*

*Our compact, walkable city community is perfectly located along the bayfront in Historic Old Northeast St. Petersburg, featuring five mid-rise and high-rise buildings, each with its own unique character.*

Westminster Palms offers a vibrant lifestyle right in the city center, with no compromises. Just steps from your door, you can discover the galleries and boutiques of downtown St. Petersburg, enjoy a meal or stroll along the scenic waterfront paths. In addition to the benefits of living at a Life Plan Community, residents enjoy a wealth of amenities, including:



- ▶ Lifelong learning opportunities, with unique benefits through our partnership with the Osher Lifelong Learning Institute at Eckerd College
- ▶ Exclusive benefits at the Museum of Fine Arts and St. Petersburg opera
- ▶ Two fitness centers with personal trainer
- ▶ Two libraries and an art studio



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



*Choose from a variety of spacious floor plans, ranging in size from studios to two bedrooms with a den, all featuring floor-to-ceiling windows and elegant finishes.*

Regardless of which you choose, each residence offers:

- ▶ ***Stunning views*** of Tampa Bay and St. Petersburg
- ▶ ***Maintenance-free living***, inside and out, from air conditioning repairs to light bulb replacement and everything in between
- ▶ ***Newly renovated*** floor plans, featuring modern appliances, white quartz countertops and high-quality cabinetry and flooring.
- ▶ Priority access to the ***full continuum of care***, including nursing care, assisted living, home care, pharmacy services, therapy, rehabilitation and more



“You can get to all of the attractions of downtown St. Petersburg so easily, you can walk there. It is just a *great place to be.*”

– DAVE  
*Resident at  
Westminster Palms*





## OUR MISSION

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



Westminster  
Palms

*WestminsterPalmsFL.org*