



*A garden community  
where life blooms*



Westminster  
Suncoast

# 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:



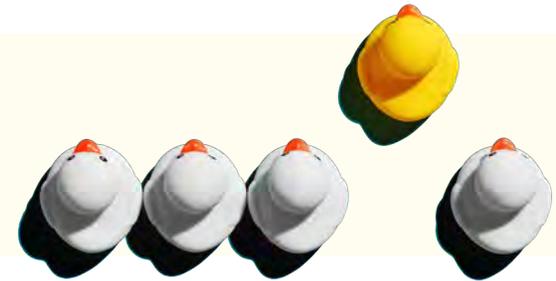
- ▶ Active, ***Independent Living***, with an exciting, maintenance-free lifestyle.
- ▶ ***Assisted Living*** for those who need a little support with daily living.
- ▶ ***Short-Term Rehabilitation and Therapy*** to get you back on your feet and doing the things you love.
- ▶ ***Home Care*** for assistance 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

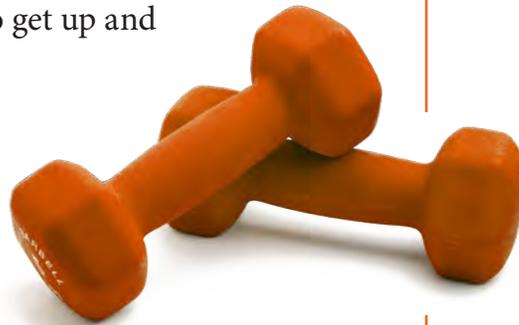
A senior living organization with *decades of service* and guided by a Mission to inspire older adults to enjoy happy, healthy and purposeful lives

# 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

*Visit [WestminsterSuncoastFL.org](http://WestminsterSuncoastFL.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 Suncoast.*

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 breakfast, lunch and dinner
- ▶ ***Casual dining venues*** 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 Suncoast

## *Live, learn and thrive*

*Nestled in the serene Pinellas Point residential neighborhood of St. Petersburg, our community offers lush lawns, garden courtyards and towering live oaks, setting the perfect stage for your active lifestyle.*



Downtown St. Petersburg's galleries, boutiques, and dining are nearby, with beautiful beaches just a short drive away. Without leaving our community, you can take up painting, join our theater group or cultivate your green thumb in our resident-maintained garden. In addition to the benefits of living at a Life Plan Community, residents enjoy a wealth of amenities, including:

- ▶ Lifelong learning classes hosted at our Quak Center for Lifelong Learning, in partnership with Eckerd College's Osher Lifelong Learning Institute
- ▶ Exclusive benefits at the nearby Museum of Fine Arts, St. Petersburg opera, Metropolitan Opera and National Theatre
- ▶ Putting green, shuffleboard and bocce ball courts
- ▶ Heated, outdoor swimming pool
- ▶ And more!

Discover the residence that *best fits your lifestyle.*



*Choose from a variety of spacious, one- and two-bedroom villa homes, all fully renovated, with beautiful garden views.*

Regardless of which you choose, each residence offers:

- ▶ ***Maintenance-free living***, inside and out, from air conditioning repairs to light bulb replacement and everything in between
- ▶ ***Handsome appointments***, including stainless steel appliances and high-quality cabinetry and flooring
- ▶ Priority access to the ***full continuum of care***, including nursing care, assisted living, memory care, home care, pharmacy services, therapy, rehabilitation and more



“Life here has been *an adventure:* Good music, good literature, good theater and a great social environment. That’s where I live.”

– ELEANOR  
*Resident at  
Westminster Suncoast*



# OUR MISSION

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



Westminster  
Suncoast

*WestminsterSuncoastFL.org*