



*Close to everything  
you love and value*



Westminster  
Towers

# 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:



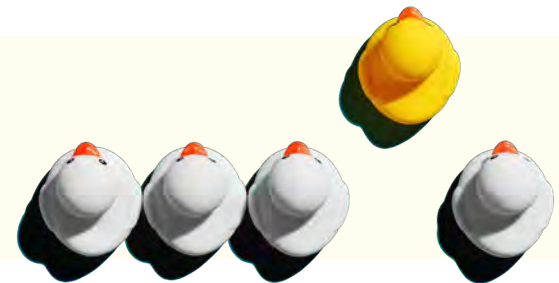
- ▶ Active, ***Independent Living***, with an exciting, maintenance-free lifestyle.
- ▶ ***Assisted Living*** for those who need a little support with daily living.
- ▶ ***Short-Term Rehabilitation and Therapy*** to get you back on your feet and doing the things you love.
- ▶ Convenient ***Pharmacy Services***, plus consultations from pharmacists specializing in care for seniors.
- ▶ ***Long-Term Nursing Care*** for those who need 24/7 nursing assistance.

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 [WestminsterTowersFL.org](http://WestminsterTowersFL.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 Towers.*

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 venue** highlighting local favorites and chef's specials. Plus, **grab-and-go** options like freshly prepared, packaged sandwiches, salads, soups and more, for a quick bite after a fitness or lifelong learning class

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



# Westminster Towers

## *Beautiful, skyline views*

*Our location at the crossroads of Central Florida puts you close to everything you love and everything you'll need, so you can enjoy high-rise living without compromise.*



At Westminster Towers, the Dr. Phillips Center for the Performing Arts, downtown's burgeoning cultural arts, fabulous restaurants, galleries and shops are all just steps away from your front door. In addition to the benefits of living at a Life Plan Community, residents enjoy a wealth of amenities, including:

- ▶ Fitness center membership with expert guidance from a personal trainer
- ▶ Heated, outdoor swimming pool
- ▶ Putting green
- ▶ Gathering place and pub
- ▶ Arts and crafts center





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



*Enjoy a variety of choices, ranging from studios to two-bedroom apartment homes, with spacious floor plans, picture windows and fantastic views.*

Regardless of which you choose, each residence offers:

- ▶ **Maintenance-free living**, from air conditioning repairs to light bulb replacement and everything in between
- ▶ **Newly renovated** floor plans with granite countertops and high-quality custom cabinetry and flooring
- ▶ Priority access to the **full continuum of care**, including nursing care, assisted living, pharmacy services, therapy, rehabilitation and more



“Everything that I could possibly want to do is here. Socializing, having dinner with friends, or even spiritual guidance. I’m really *so very happy* that I chose to live here.”

– SALLIE

*Resident at Westminster Towers*



## OUR MISSION

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



Westminster  
Towers

*WestminsterTowersFL.org*