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# Welcome To Vineyard. Life, Your Way.

Much like the characterization of our name, Vineyard offers deep-rooted values within a vibrant framework of living better and longer, together. One where family and friendship grow alongside residents that keep getting better with age, and where, like a true vineyard, seasonality is celebrated and cultivated to continually yield the most fruitful outcomes.

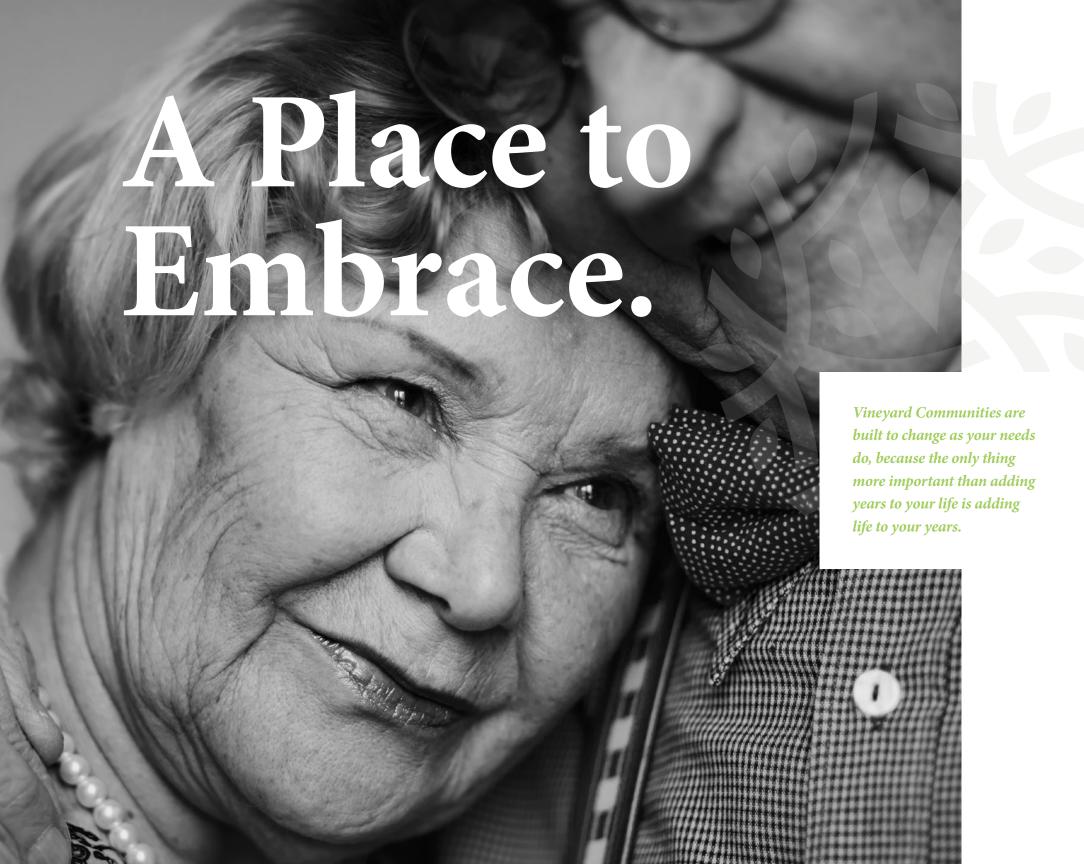
No two people are alike and nor should their care be. Which is why we place focus on caring **about** and not just for our residents at Vineyard. From new hobbies to passions rooted in each person's history, our community brings residents closer to what they care about the most to live **Life**, **your way**.

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At Vineyard, our job is to conform to our residents' needs and preferences, never the other way around. That's 'Life, your way.'

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Kevin Suite, COO, President, Vineyard Communities



**Assisted Living** 

# Nurture is our nature.

You've spent your life enjoying what matters most to you – and you don't have to stop now. Vineyard offers the spaces and services that encompass all the comforts of home – without the extra maintenance. So whether you're looking for a lot of help, a lot of freedom, or a little bit of both, we provide the independence you crave and the care you don't want to be without. And when you're looking for connection, you'll find activities and events that nurture new friends, hobbies and memories.

**Memory Care** 

# Life doesn't have to fade away when memory starts to.

Vineyard's Memory Care Communities marry thoughtfully designed spaces and features with individualized support – leaving your loved ones with more opportunities to renew, recall and relax. From medication management and 24/7 specialized staffing, to wellness-enhanced programs to promote independence and mobility, your loved ones will receive the encouragement and support they need, while providing you with peace of mind.

Ask about our proprietary program, **Cultivate**, designed to enhance the quality of life for individuals living with dementia by recognizing one's uniqueness and need for self-recognition.

# We believe your Jrowon. condition doesn't define you – your spirit does.

# Care. Connection. Community.

At Vineyard, we take the time to learn about everywhere you've been, everything you've done and what it is you're looking for. Which is why we offer the programming you or your loved one needs to nurture the mind, body and soul and to stay connected in a more meaningful way.

**THOUGHTFUL** - We strive to make a positive impact on our living community, the greater community and the people therein, which is why we continually develop initiatives that encourage you or your loved one one to interact and take part.

**HEALTHFUL** - With a more thoughtful approach to care, community, activities and even dining, we continue to evolve our efforts to offer a healthier - and happier - lifestyle.

**RECREATIONAL** - Our wide range of recreational activities and purpose-built amenities provides you or your loved one with the freedom and flexibility to get more out of every day, safely.

**INTELLECTUAL** - From our properties to our programming, we foster new skills and old hobbies that lead to a higher level engagement and personal growth.

VITAL - We believe that a purposeful life starts with physical, spiritual, social and emotional experiences with those around you, and our programs and activities are developed with purpose, for that purpose.

**ENVIRONMENTAL** - We remain committed to a cleaner, greener and more prosperous community both on and off our properties, and invite you or your loved one to join us in leaving everything better than we found it.



- Life, Your Way™ Lifestyle Assessments, designed to maximize social and cognitive function within each resident's personal lifestyle preferences
- Daily housekeeping and laundry services
- Thoughtfully designed seasonal cuisine, globally handcrafted menus using the finest local ingredients that are nutritious and delicious. Restaurant and in-room dining options available
- Intergenerational programming designed to actively involve residents within the surrounding community
- Masterfully-planned grounds designed to stimulate real world connections and senses within a safe outdoor environment
- World-renowned geriatric and dementia expert, Dr. Evelyn Granieri M.D., MPH, MSEd, actively involved in staff training and program development

- Assisted Living expertise with specific focus on dignity, hospitality and respect
- Dementia Care Certification that exceeds state standards, including Alzheimer's, Parkinson's, Lewy Body and other types of dementia and memory impairment
- As-needed assistance with personal care with a focus on independence
- $\bullet\,$  In-house the rapy available providing PT, OT and speech
- Vineyard Connect<sup>sst</sup> smart technology designed to optimize and monitor safety within each private residence, including emergency call system
- Respite care services available to relieve at-home caregivers
- Relocation services for residents moving in from distance
- Vineyard Gives st community and global programs designed to provide residents opportunities to participate in causes they care about

At Vineyard, we don't stop at cooking three-course meals – we pride ourselves in creating true culinary experiences that you or your loved one can enjoy all day, every day, together or apart. So whether it's a taste for the tradition, or a craving for creative cuisine, we focus on better-for-you, always-in-season ingredients that are plated with personal health, palate and schedule in mind.

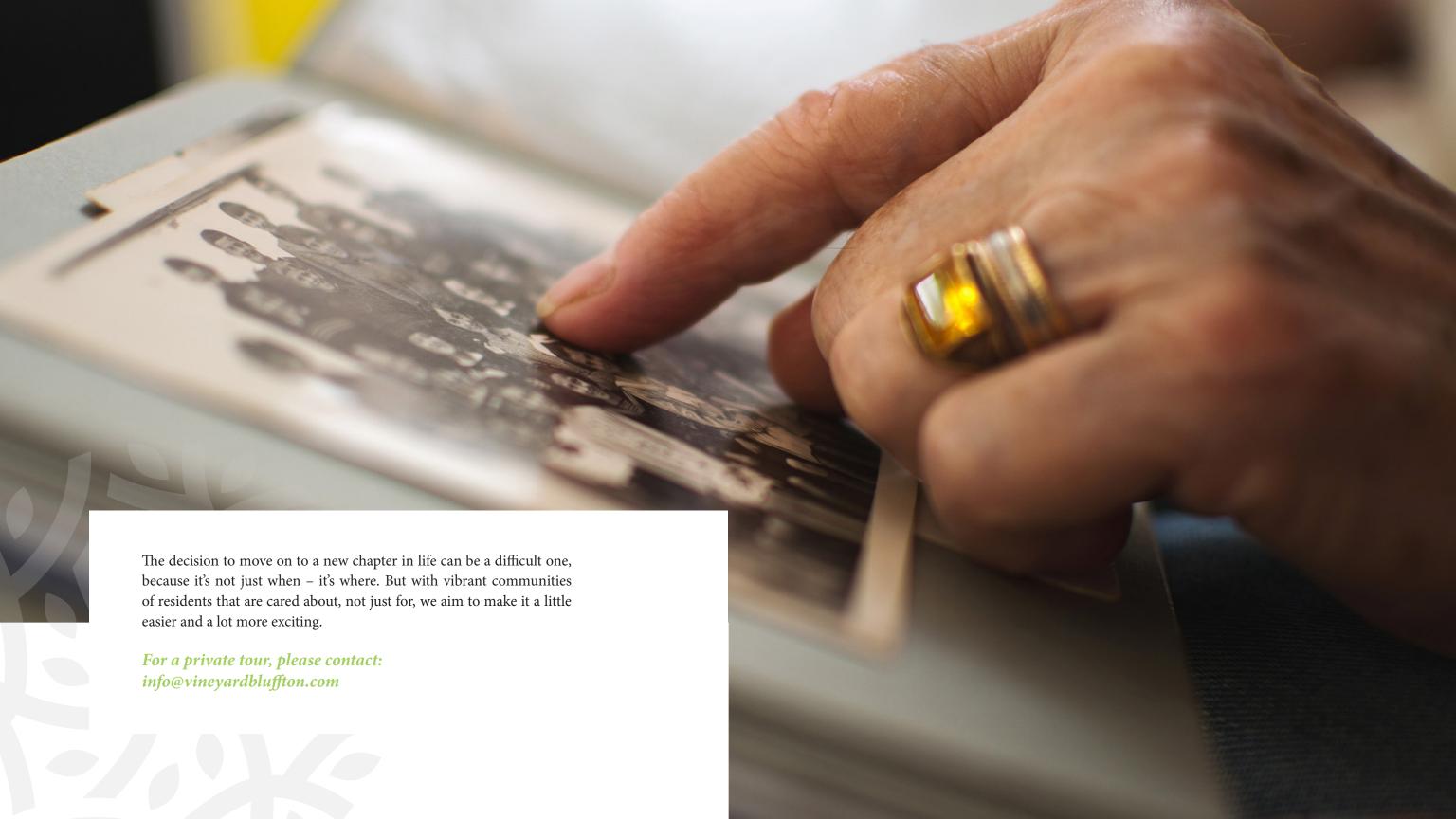


We approach dining from a hospitality mindset.

Our residents choose from a variety of better-for-you meals to enjoy at a time that works best for them.

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Kaylynn Evans, Executive Director, *Vineyard Communities* 



### One Bedroom STUDIO A

313-428 sq ft



Apartment No	Apartment Rate	Expires
Notes		

## One Bedroom STUDIO B

313-428 sq ft



Apartment No	Apartment Rate	<del></del>	Expire	Expires		
Notes						



## **Vineyard Resident Activity Favorites**

#### **New Memories in The Making**

Friends new and old come together to create new memories while reminiscing about the past. At Vineyard, we embrace our residents and their families as if they are our own and work to create meaningful and purposeful activities to enhance daily living while celebrating lives well-lived.

#### **Intergenerational Programing**

Mature adults, young adults and children all learn from each other as well as teach each other life lessons. Fostering these relationships and watching friendships grow is a heart-warming experience at Vineyard that can bring out the best in even the most timid.

#### Outings

Enjoy trips out shopping, sightseeing and dining out several times a month. Residents can express their interests and we can make it happen. It's all about "Life, your way"

#### **Healthy Lifestyles**

Whether you are looking for a healthy, delicious meal that is created just for you, or keeping up with an active lifestyle through our personalized programming, Vineyard has your best interest at heart throughout every stage of your life.

#### Engagement

A favorite hobby, joining a club or learning something new, we provide scheduled activities throughout the day at Vineyard and always welcome suggestions from our residents. Keeping our residents engaged in activity at a higher level helps keep creative juices flowing and promotes socialization that keeps everyone young at heart.





# **Activity Calendar**

7:00 pm

**Evening Movie** 

At Vineyard, we grow purposeful communities that make a positive impact on both people and our planet. This translates into a continuum of personalized care, thoughtful programming, and customized activities that aim to engage, inspire and elevate your life at every stage.

Sunday	Monday			
9:30 am	9:30 am			
Walk & Talk	Walking Club			
10:00 am	10:00 am			
Coffee & News	Get Fit			
10:30 am	10:30 am			
Worship	Outing - Ferry			
1:00 pm	Boat Ride			
Corn Hole Tournament	11:00 am			
1:30 pm	Gardening Club			
Brain Buzz Trivia	1:00 pm			
	Wii Bowling			
2:00 pm Communion	2:00 pm			
Communion	Family Feud			
2:30 pm				
Scrabble Competition	3:00 pm			
4:00 pm	Painting with Twist			
Music Trivia	4:00 pm			
7:00 pm	Happy Hour			
Evening Movie	4:00 pm			
	Men's Group			
	6:00 pm			
	Jenga			

Tuesday	We		
9:30 am Walking Club	<b>9:3</b> 0 Wa		
10:00 am Stretching Group	10:0 Stre		
11:00 am Bible Study	11:0 Lun		
1:00 pm Art Club	11:0 Hor		
2:00 pm Do you Remember	1:00 Brid		
3:00 pm Ice Cream Social	1:30 The		
4:00 pm Happy Hour	2:30 Scra		
4:00 pm Book Club	3:30		
6:00 pm	Cor		
Uno	4:0		
7.00	Нар		
7:00 pm	4:0		
Evening Movie	4:0		

Wednesday	Thursday			
9:30 am	9:30 am			
Walk & Talk	Walking Club			
10:00 am	10:00 am			
Stretch & Flex	Chair Tai Chi			
11:00 am	11:00 am			
Lunch Outing	Gardening Club			
11:00 am	1:00 pm			
Horseshoes	Chefs Cooking Demo			
1:00 pm	1:30 pm			
Bridge Group	Boogle			
1:30 pm	2:00 pm			
The Price is Right	Wii Bowling			
2:30 pm	3:00 pm			
Scrabble	Brain Buzz			
3:30 pm Corn Hole	4:00 pm Happy Hour with Entertainment			
4:00 pm	<b>6:00 pm</b>			
Happy Hour	Veterans Group			
4:00 pm	<b>7:00 pm</b>			
Bird Watchers Club	Evening Movie			
6:00 pm Puzzle Time				
7:00 pm Evening Movie				

#### **Saturday Friday** 9:30 am 9:30 am Walking Club Walk & Talk 10:00 am 10:00 am Chair Yoga **Strength Training** 11:00 am 11:00 am Let's Make a Deal Painting with a Twist 1:00 pm 1:00 pm Name that Face Rummy-O 2:00 pm 1:30 pm **Rummy Group** Reminiscing 2:00 pm 3:00 pm Afternoon of Afternoon Piano Shopping Enjoyment 2:00 pm 4:00 pm Corn Hole **Chorus Club** 3:00 pm 6:00 pm Family Feud Jenga 4:00 pm 7:00 pm **Happy Hour Evening Movie** 5:00 pm **Diners Club Outing** 6:00 pm

Music Trivia

**Evening Movie** 

7:00 pm

#### RESIDENT EXPERIENCE PROGRAMMING

**THOUGHTFUL** - We strive to make a positive impact on our living community, the greater community and the people therein which is why we develop initiatives that encourage you to interact and take part.

**HEALTHFUL** - With a more thoughtful approach to care, community, activities and even dining, we continue to evolve our efforts to offer a healthier - and happier - lifestyle.

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**ENVIRONMENTAL** - We remain committed to a cleaner, greener and more prosperous community both on and off our properties and invite you to join us in leaving everything better than we found it.

## Vineyard Culinary Philosophy

Our approach to food is rich in the desired to create a meaningful experience for our residents and guests. Our culinary brigade is careful in selecting seasonal ingredients from local artisan vendors to ensure the highest quality. Our recipes are created and inspired by global flavors and we are committed to delivering a memorable experience with every meal. We invite you to join our food journey, let's create the perfect bite together. Vineyard, cuisine your way.







	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL DAY SOUP #1	Red Pepper Gouda	French Onion	Turkey Vegetable	Butternut Squash Soup	Broccoli Soup	Thai Curry Squash	Cream of Seasonal Mushrooms
SOUP #2	White Bean	Creamy Tomato	Fall Vegetable Chowder	White Bean and Ham	Chicken and Rice	New England Clam Chowder	Minestrone
SALAD	Broccoli Salad	Butter Lettuce, Walnut, Blue Cheese & Currants	Kale Salad	Bowtie Pesto Pasta	Quinoa	Iceberg Wedge	Carrot Pineapple Raisin
BRUNCH/LUNCH  DAILY BREAKFAST  SPECIALS	Made to order Belgium Waffle, Macerated Berries & Whipped Cream	Heirloom Tomato & Caramelized Onion Frittata	Hardwood Smoked Salmon Poached Eggs in a Basket	Aged Cheddar Rosemary Tart Brown Butter Creamer Potatoes	Blueberry Ricotta Pancakes Chicken Apple Sausage	"Steak & Eggs" Slow Roasted Short Rib & Fried Egg Casserole	Breakfast Pizza Marinated Tomatoes, Sautéed Onions, Whipped Eggs, Bacon Lardons
LUNCH SPECIAL #1	Classic Eggs Benedict Breakfast Potatoes	Guacamole Burger Onion Rings (Vegetarian Available)	Sausage, Broccoli Rabe, Orecchiette (Vegetarian Available)	Plum Glazed Chicken, Stonefruit Chutney, 3-color Potato Salad	Greek Tuna Salad Pita: Tomato, Olive, Lemon Orzo Pasta Salad	Chinese Chicken Salad	Reuben Sandwich Chips
LUNCH SPECIAL #2	Chiliquiles: Tortillas with Red Sauce, Salsa, Guacamole	Pesto Chicken Salad Wrap, Watermelon	Grilled Roast Beef and Cheddar on Wheat, Pickled Vegetables	Grilled Flank Steak, Heirloom Tomato Salad, Chopped Romaine	Beef and Bean Chili, Cornbread	Cheese Ravioli Marinara	Shrimp & Grits with Andouille Sausage
LUNCH SPECIAL #3	Beef Brisket Potato Cakes Glazed Carrots	Turkey Tetrazzini Peas & Carrots	Grilled Chicken in Strawberry, Pecan & Feta Cheese Salad	Fig, Prosciutto, Onion Tart, Goat Cheese (Vegetarian Available)	Cheese Lasagna Tomato Bruschetta	Chicken & Sausage Gumbo over White Rice	Chicken Curry (Vegetarian Available)
DINNER ENTRÉE #1	Herb Crusted Pacific Cod, Orzo Pasta & Broccoli Rabe	Artichoke, Spinach and Salmon Crepes, White Wine Clam Sauce (Vegetarian Available)	Chinese Stir-Fry Calimari (Kung Pao) with Cashews	Halibut with Creamed Spinach & Parsley Steamed Potatoes	Greek-style Lemon Chicken Black Olive, Tomato & Spinach Rice	Pepperoni or Smoked Salmon Pizza With Red Onion, Dill Scallions	Chicken Parmigiana Roasted Broccoli, Rosemary Roasted Potatoes
ENTRÉE #2	General Tso's Chicken (Broccoli, Peppers & Onions) Steamed Rice (Vegetarian Available)	Sausage -Stuffed Acorn Squash with Barley, Parmesan Gratin	Butternut Squash Ravioli with Sage Butter Sauce Caesar Salad	Vegetable Ricotta Crepe with chunky Tomato Olive & Artichoke Sauce	Fettuccine with Clam Sauce (Vegetarian Available)	Stuffed Zucchini Marinara (Vegetarian Available)	Herbed Flank Steak (Chimichurri) Grilled Zucchini, Cilantro Rice
ENTRÉE #3	Braised Short Rib Ragu with Potato Gnocchi	Helene's Chicken Thighs & Rice	Salisbury Steak Roasted Red Potatoes Creamed Carrots	Oven Roasted Turkey Breast, Mashed Yams, Brussels Sprouts	Pork Chop Mash Potatoes, Chunky Applesauce Broccoli Rabe	Meatloaf, Baked Potato Broccoli Gratin	Grilled, Risotto-Stuffed Marinated Eggplant Rolls, Beet Salad
DESSERT  LUNCH DESSERT	Chocolate Macaroons	Danish Bread Pudding (contains nuts)	Lemon Meringue Pie	Apple Pie	Stonefruit Crisp	NSA Jell-O Parfait	Brownies a la Mode
DINNER DESSERT	Grilled Apples & Whipped Cream	Chocolate Cake	Tropical Fruit Rice Pudding	Butterscotch Pudding	Chocolate Chip Pecan Pie	Cherry and Brownie Napoleon	Peach Cobbler
LOW-SUGAR DESSERT	Assorted Sugar Free	Assorted Sugar Free	Assorted Sugar Free	Assorted Sugar Free	Assorted Sugar Free	Assorted Sugar Free	Assorted Sugar Free

