



The
Woodlands
RETIREMENT COMMUNITY





The Woodlands

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Dear Friend,

Thank you so very much for considering The Woodlands Retirement Community.

For the past five years, our family has dreamed, planned, and worked hard to bring The Woodlands concept to life. Our first skilled care facility was started over 40 years ago, and today we continue to operate our growing family of healthcare communities — including Fairfax Nursing Center and The Gardens — together with our daughters Reneé, Shar and Linda.

Our goal has been to provide a premium retirement living experience. Our fully landscaped and beautifully appointed campus-style setting offers you complete security, immediate healthcare should the need arise, and the guarantee that you will have the care and services you need for the rest of your life.

The Woodlands is a 5-Star Retirement Community with 110 deluxe apartments with lovely lobbies, balconies, terraces, exquisite dining rooms, bistro, theater, craft room, fitness center, swimming pool, and so much more.

Reserving your residence here is easy to do. You simply deposit a reasonable entrance fee which is refunded when you leave, subject to some modest limitations.

We would love to tell you more about The Woodlands' lifestyle. Please call 703-667-9800, or visit the The Woodlands Welcome Center at 4310 Forest Hill Drive here in Fairfax. A map and directions are provided on the back of this brochure. We hope you will visit us soon.

Sincerely,

Robert Charmaine

*Robert and Charmaine Bainum
Founders*

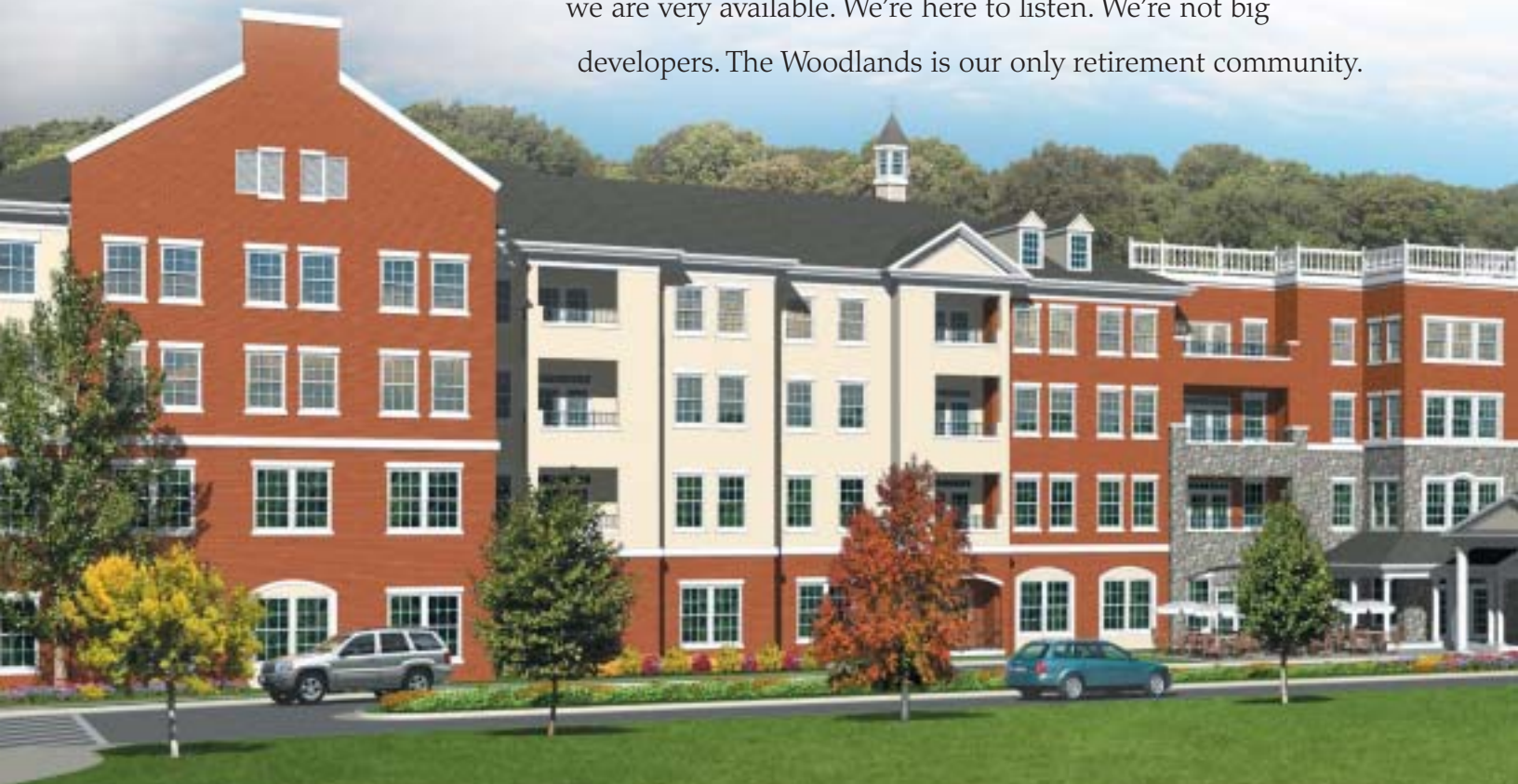
Just Imagine...

“The following captures our plans for The Woodlands. We hope you will be enjoying this secure lifestyle soon.”

— The Bainum Healthcare Family

The Woodlands could prove to be the best choice you can make, if you are looking for a way to continue to enjoy your retirement years to their fullest...while you take the steps necessary now to plan for your future. Its close-to-everything location is ideal. It's designed to feel like a neighborhood so its size is just right – there will be only 110 residences so you can really get to know your neighbors and the staff. Here, you won't need a map to find your way around, nor will you feel like a guest in an oversized, impersonal hotel. Instead, you will be treated like a valuable part of a small, but lively, community.

The Bainum Healthcare Family owns The Woodlands. We're a local Fairfax County family who have earned a reputation for delivering excellent service and care, first at the nearby Fairfax Nursing Center, then next door at our assisted living community, The Gardens. We will manage all aspects of the entire complex: independent living, assisted living, and nursing care. Our current residents and families will tell you that we are very available. We're here to listen. We're not big developers. The Woodlands is our only retirement community.



We've told the architects to make the community spaces exquisite. Beautiful, thoughtful design and exquisite taste abound throughout the campus – indoors and out. Our amenities will be easy to find and close at hand. You won't need to take a shuttle to meals and activities – all will be within a short walking distance from your front door.

The toughest decision you may have to make is which floor plan to choose. There is such a wide selection, and the apartment homes are likely to be some of the largest you will see in senior living. We offer a full range of options – from lovely one-bedroom to two-bedroom residences with warm, cozy dens. All floor plans include fully equipped kitchens and baths. All Woodlands appointments are of the highest quality, and each layout will offer plenty of room for entertaining, but with all of the privacy you'll want. Best of all, most residences come with a balcony.

Wonderful Ways to Make Your Rich Life Even Richer

You'll be amazed at just how many things will be happening each day at The Woodlands. And, since maintenance and housekeeping services are provided, you will have the time to participate — choosing from a wide selection of daily activities. You might want to play bridge, take watercolor or Spanish classes, try ballroom dancing, yoga, attend guest lectures, current events discussions, or travelogues. There also will be plenty of day trips, and even some week-long outings. At The Woodlands, you can be sure that you will never be at a loss for something to do. And the best part is, you won't need to get in your car and drive.

All you'll have to do is show up. Our monthly activities calendar will reflect what you want to do. Our Social Director will work closely with each resident to make sure of it.





So Many Incredible Benefits

Dining at The Woodlands will always be a special event, and the presentations are sure to be appealing. Our master

chef has impressive credentials, and the raves are sure to pour in from residents and guests alike. The menus offer a

wide selection of choices for breakfast, lunch, and dinner and they

change daily. Sunday brunches will be quite amazing. The entire food

and beverage staff will be tuned in to your individual tastes and nutritional

needs. Your guests may never stop talking about the food! Both of The Woodlands'

formal and informal dining areas – *The Sylvan Room* and *The Veranda Grille* – will be spacious enough for all the visiting and entertaining you'll want to enjoy with all your old and new friends.

Added benefits like concierge service, continental breakfasts, complimentary coffee bar, weekly housekeeping, the unique *Recovery Care*® option, and the *Safe-at-Home*® system, are all included *at no additional charge*. Our goal is simple: to offer you all of the comfort, pleasure, and security that you require.

*At The Woodlands,
we want to offer you
all the comfort, pleasure
and security you
require.*

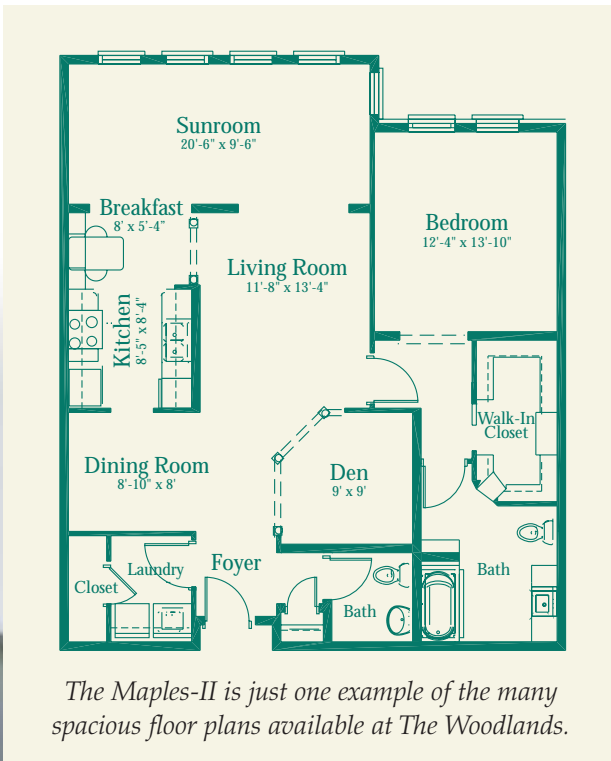
A Wise Decision In Many Ways

If you're like most of us, it's likely that you have never been careless with your money, and you certainly don't intend to start being frivolous now. However, you surely want to continue to live comfortably, and know that you don't have to worry about becoming a burden on your

family. A move to The Woodlands enables you to take care of the lifestyle issues that aging brings, and relieves all burden and worry of maintaining a private home.

You'll not only dine well at every meal, but you'll also enjoy all the opportunity to socialize as much as you wish. Even more important, you'll be covered in case a healthcare issue should arise. The Woodlands includes an assisted living community, with separate quarters for residents with Alzheimer's, along with nursing care just a short distance away. All of these services are available to you on a priority basis.

Your family will likely be as pleased as you are with the payment arrangement. Our *Refundable Entrance Fee* is like a savings account of sorts. It covers the cost of your residence as well as the maintenance and upkeep of the lovely community spaces, which are yours to enjoy. When you leave, your residence will become available to a new resident. Once the new resident deposits their *Refundable Entrance Fee*, your entrance fee will be refunded to you or to your estate. Imagine... *being able to enjoy all of the benefits of The Woodlands today without forfeiting your estate.* It's truly a remarkable arrangement.



A Warm Invitation

We're very excited to bring you The Woodlands. We want you to have a grand time living here. We want you to experience joy-filled days among like-minded friends. We want you to find the comfort and security you require and the peace of mind you and your family deserve.

To determine if it's an appropriate choice for you, we invite you to learn more about independent living here at The Woodlands. We're confident you'll see that this can be an excellent lifestyle choice — an ideal way to enjoy your freedom and independence today, while you plan wisely for tomorrow.

*Living at
The Woodlands
is an ideal way to enjoy
your freedom and
your independence today,
while you plan wisely
for tomorrow.*

Common Area Amenities

- ◆ Beautiful, wooded grounds with carefully maintained landscaping
- ◆ Walking trails carved out of the lush scenery
- ◆ Impressive entrance
- ◆ Reception lobby with fireplace
- ◆ Inviting patio and terrace
- ◆ Spacious one- and two-bedroom residences, some with separate dining rooms and/or dens
- ◆ Gracious, well-appointed formal and informal dining areas serving breakfast, lunch, and dinner daily
- ◆ Private dining room for special parties with catering services available
- ◆ Bistro/Ice cream parlor/Gourmet coffee bar
- ◆ Living room and lounge areas with fireplaces and private conversation areas
- ◆ Activity center for parties, guest speakers, and special events
- ◆ Creative arts center with painting and craft activities
- ◆ Theater offering regularly scheduled movies with fresh popcorn
- ◆ Game room/Card room
- ◆ Reference library
- ◆ Computer lab/Business center
- ◆ Health club and spa with state-of-the-art exercise equipment
- ◆ Climate-controlled indoor swimming pool and hot tub
- ◆ Outdoor gardening area
- ◆ Pharmacy and Sundry shoppe
- ◆ Beauty/Barber salon
- ◆ Guest suites
- ◆ Secured underground parking garage available
- ◆ Fire sprinkler system and smoke detectors throughout residences and common spaces
- ◆ Mail room with individual mailboxes
- ◆ Convenient trash chutes on each floor
- ◆ Individual, secured storage in the lower level of The Woodlands
- ◆ Within easy distance to Fair Oaks Mall, Dulles Airport, I-66, Fairfax Co. Parkway, Patriot Center, golf courses, medical centers, places of worship, and more

In-Residence Amenities

- ◆ Fully equipped, all electric kitchens, including
 - ◆ dishwasher
 - ◆ self-cleaning oven
 - ◆ disposal
 - ◆ microwave
 - ◆ frost-free refrigerator with ice maker
- ◆ Washer and dryer
- ◆ Well-lighted, ample closet space
- ◆ Wall-to-wall carpeting with a variety of color selections
- ◆ Window treatments –mini blinds or sheers
- ◆ Choice of finishes for kitchen cabinets and bathroom vanities
- ◆ Individually controlled heating and cooling
- ◆ Bath(s) and/or shower designed for safety and comfort
- ◆ Private balconies for nearly every residence
- ◆ Safe-at-Home™ system providing daily safety checks for residents
- ◆ 24-hour emergency call system, including personal security device
- ◆ Smoke alarm and sprinkler system
- ◆ State-of-the-art wiring for Cable TV and computers



*...to arrange for a personal visit,
please contact our Welcome Center
at 703-667-9800*

Available Services

- ◆ Family owned and family managed
- ◆ Building, janitorial, and maintenance service, including building upkeep and repair, groundskeeping, landscaping, and snow removal
- ◆ Daily meals – complete or continental breakfasts, lunches, and dinners — expertly prepared and served by a well-trained, competent staff. One meal per day of your choice is included in your monthly fee. Additional meals available.
- ◆ Private catering
- ◆ Weekly housekeeping and flat linen service
- ◆ All utilities (except telephone and monthly cable television service)
- ◆ Pre-wired telephone and cable TV jacks, master TV antenna hook-up
- ◆ Social, cultural, recreational, educational, and spiritual opportunities at home and away from The Woodlands. Activities are likely to include co-op programs with local colleges, exercise classes, health screenings, guest speakers, art classes, movies, book discussions, travelogues, day-long to week-long excursions, dances, tai chi, and much more. The activity calendar will be based on residents' special interests and requests.
- ◆ Scheduled transportation to local shopping, medical centers, places of worship, art galleries, museums and monuments, cultural activities, and other special events
- ◆ Special overnight outings and week-long trips to places of interest outside the area
- ◆ Concierge service
- ◆ Use of all common areas within the community
- ◆ Spa and fitness program
- ◆ Full-time Social Director
- ◆ Assistance filing medical claims*
- ◆ Safe-at-Home™ system provides daily in-residence safety checks
- ◆ Recovery Care® offers residents five free days of respite care at The Gardens during their stay at The Woodlands
- ◆ Wellness Clinic
- ◆ Complete continuum of service and care — with priority admissions — including assisted living and Alzheimer's care in The Gardens next door, and nursing services at Fairfax Nursing Center less than five minutes away
- ◆ Dietary consultation
- ◆ Choice of therapies
- ◆ Attendant parking for residents with outdoor parking spaces
- ◆ Secured underground parking
- ◆ Real estate taxes, mortgage interest payments, and building insurance
- ◆ Experienced and highly competent management
- ◆ Attentive and carefully trained staff members dedicated to each resident's comfort, health, and peace of mind

Our Commitment To You

The Bainum Healthcare Family

*is confident you will find The Woodlands a source of pride
and a place where you can continue to lead a purposeful
and productive life. Our family is here to see to it that you and
your loved ones are pleased with your decision today
and for all of the years to come.*

You have our word on it.

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