



NEVER RETIRE YOUR SPIRIT.
NEVER LET GO OF YOUR CURIOSITY.
AND NEVER SURRENDER YOUR ZEST FOR LIFE.
WELCOME TO LAKE FOREST PLACE.

❧ LAKE FOREST PLACE ❧

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R E T I R E N O T H I N G

Dream of a place where opportunities abound,
friendships flourish,
and possibilities are limitless.

Where you can live as you like. Do as you choose.

Be who you are.



“I’VE LIVED IN OTHER PLACES – TRAVELED
AROUND THE WORLD. BUT I’VE ALWAYS
FELT AT HOME IN LAKE FOREST.”

Those who love it know it best: Lake Forest is a place like no other.

So, when Presbyterian Homes dreamed of creating a community here, we knew it would have to be as distinctive as Lake Forest itself.

To create Lake Forest Place, we drew upon everything we’ve learned, over more than 100 years of providing exceptional residences and services for older adults.

From the sweeping, 49-acre wooded setting – with its own lake and winding walking trails – to the careful attention

we gave to even the smallest detail, we set out to embrace and express the special style and sensibility that make up the Lake Forest way of life.



And, just as we anticipated, Lake Forest Place became the destination of choice for people who choose to not merely retire, but redefine retirement: spirited, independent-minded,

accomplished people, who insist on an easy elegance and unpretentious sophistication – whose curiosity and zest for living cannot be diminished, and whose welcoming warmth cannot be equaled.

Lake Forest Place is a non-sectarian member of Presbyterian Homes, the leader in providing exceptional choices to older adults for more than 100 years. Ideally located in Lake Forest, but as close to Chicago as the next train, Lake Forest Place offers equally easy access to Market Square or Michigan Avenue, the Lake Forest Symphony or the Art Institute of Chicago.



“I LIKE THE UNDERSTATED ELEGANCE,
THE GARDENS, THE FOUNTAINS.
LAKE FOREST PLACE HASN'T BEEN HERE ALL THAT
LONG, BUT IT'S ALREADY A TRADITION.”

Masterfully planned and built to be the most complete (and completely remarkable) retirement living destination, Lake Forest Place's spacious campus offers private spaces and public places of unparalleled style, comfort and convenience.

From charming cottages and stunning townhouses to uncommonly generous and well-appointed apartments – some as large as 2,200 square feet – you'll find exceptional accommodations to suit every

taste and style. You may choose our standard (but hardly ordinary) design features, or select from a wide array of available interior options to make your new home even more truly your own.

Unquestionably, the heart of our vibrant community is the town center, with its sun-splashed atrium, lecture hall, library and inviting chapel. Every need has been anticipated – and every advantage included.

Enjoy delicious meals in our exquisite



dining room, appointed like a fine restaurant and overlooking a beautiful courtyard. Meet friends at the Woodlands Café for a casual breakfast or lunch, or reserve our elegant, private dining room for

special occasions. We'll help you with ordering flowers and menus, and reserve a comfortable guest suite for your overnight guests.

It's all set in surroundings of splendor and serenity, with beautifully landscaped

gardens to delight you in every season, plus fountains and shaded walkways that make the most of the area's natural beauty. If you enjoy the pleasures of gardening, our resident garden offers a creative and relaxing way to exercise your green thumb.

Combining all the best features of a residence and a resort, it's a place you'll be proud to call home.

Filled with elegant architectural details and an abundance of natural light, our open floor plans optimize space and provide the perfect opportunity for individual expression.



**“LIVING WELL STARTS WITH BEING WELL.
LAKE FOREST PLACE HAS EVERYTHING I NEED TO ENHANCE
MY WELL-BEING – IN BODY, MIND AND SPIRIT.”**

Shaping the life you want comes down to having choices. That’s why we offer such a vast array of options, opportunities and amenities.

Take fitness and wellness: it’s all about making healthy choices. And you’ll find more and better choices for enhancing your well-being, in every way, at Lake Forest Place.

From massage therapy to aerobics and personal trainers, you’ll discover a host of vital fitness resources. Our Fitness and Therapeutic Center offers a range of advantages for every interest, tailored to the special needs of older adults. You’ll find strength-building machines, treadmills, and stationary bicycles; fitness classes in yoga, Pilates, tap dancing and Tai Chi. If you love the

water, swim a few laps in our sunlit pool – or relax and get the kinks out in our warm-water therapy pool.

We also support the emotional and spiritual well-being of our residents with our pastoral care and social work



teams. All faiths are welcome at Lake Forest Place. We offer non-denominational services in our chapel, and our pastoral care staff visits residents as desired. Meanwhile, our social services team provides support through life’s transitions, with assistance

in making the best use of all the healthcare and therapy services available on campus.

When it comes to strengthening your body, expanding your mind or supporting your spirit, all your options are open at Lake Forest Place.

With amenities, activities and learning opportunities geared to holistic wellness, few communities can offer more ways to make fitness fun than Lake Forest Place.



**“ANDANTE, ALLEGRO, CON BRIO.
THE MUSIC OF LAUGHTER AND FRIENDSHIP IS A
BIG PART OF THE RHYTHM OF LIFE HERE.”**

Your friends are the family you choose. So, there's a wonderful new family waiting to welcome you to Lake Forest Place.

With so many interesting and accomplished people eager to introduce you to the Lake Forest Place lifestyle, it won't take long before you feel right at home. Here's your chance to continue living life to the fullest, forging new bonds and discovering new interests.

Whether you like staying close to home or getting out and about, there's something for everyone at Lake Forest Place. Enjoy parties or outings – or put on a pot of tea and settle in with a good book. Special interest groups, originated

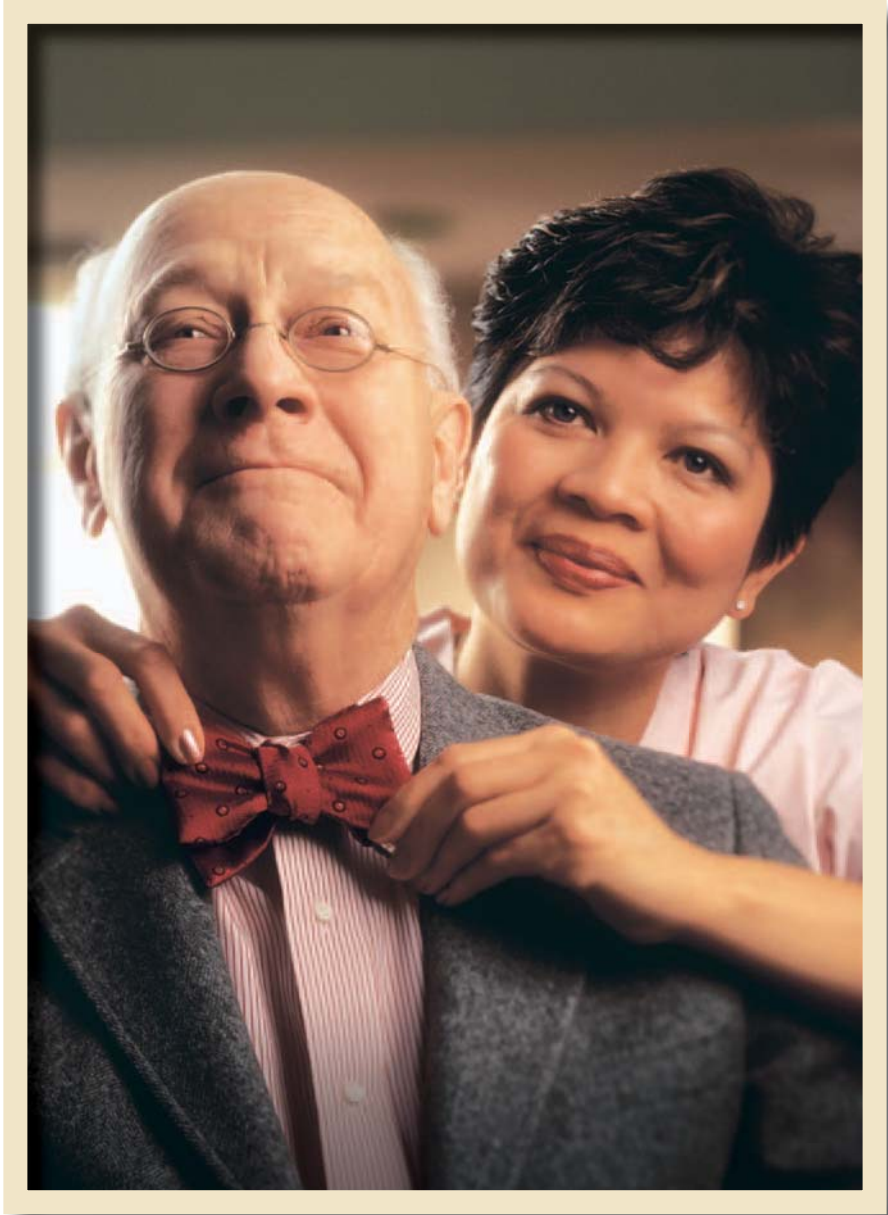


by residents, keep their members engaged and connected. Groups change with members' preferences, but offerings have included marble sculpting, genealogy, bridge, self-portraiture and woodworking.

Join others at Lake Forest College for concerts or classes. And, you're never more than one friend away from a duet!

Your family and current friends will love to come by – maybe to take in a croquet tournament or a lecture on campus. The grandkids will love making a splash at the pool or trying to land that 8-pound bass in our fully stocked pond. All your guests are our guests, too!

*Be as active as you like or as leisurely as you choose: at Lake Forest Place,
you can live life at your own pace, on your own terms.*



“WHAT WILL IT BE TODAY?
LET’S TALK ABOUT WHAT YOU WANT TO DO.”

Time passes. Needs change. But at Lake Forest Place, you won’t have to waste even a minute worrying about what tomorrow may bring. We provide excellent healthcare services and personal caring right here on campus – led by a full-time medical director, a board-certified internist with extensive training in geriatrics.

Although you can keep your own doctor, you may choose to see one of our physicians at our outpatient clinic; consult a visiting specialist; or check in with the wellness nurse. Our comprehensive, innovative rehabilitation therapies help residents make the best possible recovery from surgery or illness. Staffed with only Presbyterian Homes’ employees, all therapy sessions are one-on-one. Other extensive, on-campus healthcare services include:

- Assisted living in a gracious setting at The Highlands at Lake Forest Place. Residents of the studio and one-bedroom apartments

receive assistance with the activities of daily living and take part in a range of activities and wellness programs.

- Licensed, skilled nursing care and memory care in all-private rooms at the Balmoral Care Center – in surroundings thoughtfully designed to look and feel like home. You’ll find welcoming lounges and dining rooms, as well as specially planned activities and programs to entertain, stimulate and encourage interaction.



Your peace of mind is assured through our 24-hour security team, plus an in-home emergency call

system. Equally comforting are our ties to leading medical facilities, including Lake Forest Hospital, Condell Medical Center and NorthShore University HealthSystem.

Best of all, our skilled, experienced, and dedicated staff has been specially educated in the care of older adults. Their insight and compassion is your best assurance that you’ll receive the care you deserve.

*A rewarding way of life in an enviable location – with real peace of mind.
That’s what makes Lake Forest Place your best choice: for today and tomorrow.*



**DISCOVER A BETTER PLACE –
FOR THE BEST OF TIMES**

Isn't it time to enjoy a lifestyle that's based on possibilities, instead of responsibilities; on opportunities, rather than obligations? Isn't it time you gave yourself more time – for family, for friends, for the excitement of discovering new ideas and interests?

That's why now is the right time to find out more about Lake Forest Place. We invite you to call today to arrange a visit, enjoy a special meal in our fine dining room, and meet some of our spirited and friendly residents.

We'd love to show you around and answer any questions you have about planning your future at Lake Forest Place.

INCLUDED IN THE ONE-TIME ENTRANCE FEE
& MONTHLY SERVICE FEE

SERVICES & AMENITIES

Your choice of a cottage or an apartment
includes all of the following:

- Table-space kitchen featuring full-sized appliances, including self-cleaning oven/range, microwave, disposal, dishwasher, frost-free refrigerator with automatic icemaker
- Full-sized washer and dryer
- Individually controlled heat and air conditioning
- Wall-to-wall carpet
- Window treatments
- Spacious walk-in closets
- Large bay windows with beautiful views
- Private patios available on first floor
- Large bathrooms with convenient safety features
- Twenty-four hour emergency call system
- Choice of a wide variety of finishes and upgrades

A campus featuring:

- Beautifully manicured lawns and formal gardens
- A two-acre lake with winding walkways and shaded seating areas

A centrally located

Town Center offering:

- Restaurant-style dining rooms of varying formality, plus an outdoor terrace
- Private dining rooms for special occasions
- Café for lighter fare
- Many comfortable living rooms and lounges
- Community/lecture hall
- Library
- Card room
- Greenhouse
- Bank
- Travel agency
- Convenience store/gift shop
- Arts and crafts room
- Resident Resource Center with computers, fax and copying
- Woodworking shop
- Barber shop and beauty salon/spa
- Chapel
- Secure underground parking

Continued on reverse

SERVICES & AMENITIES

Continued from front

Services included in the fees:

- Flexible dining program
- Weekly housekeeping services
- Complete inside and outside maintenance of apartments, cottages, community buildings, and campus grounds
- Wide choice of scheduled programs and events
- Fitness center with swimming pool and scheduled classes
- Scheduled transportation
- All utilities (except telephone) including heat, air conditioning, water, sewer, and trash removal
- Attached garages for all cottages and underground parking for all apartments
- Twenty-four hour security staff

Healthcare services available:

- Rehabilitative services, including physical, occupational and speech therapy
- On-campus clinic for wellness care and for visits with staff physicians and nearby specialists

- Licensed, skilled nursing care at the Balmoral Care Center in all private rooms, as well as sensitive memory care in a beautiful, secured environment
- Counseling and social services

The Highlands at Lake Forest Place:

Our assisted living community offers caring and support in a gracious setting adjacent to the Lake Forest Place Town Center.

Residents of the studios and one-bedroom apartments may be assisted with daily activities as they take part in a range of activities and wellness programs.

Services available for an additional charge:

- Special events and trips
- Personal trainers at the fitness center
- Additional meals
- Guest apartments and meals
- Beauty and spa services
- Barber shop
- Tray service

SAMPLE PROGRAMS & EVENTS

Sample programs and events:

- Trips to Chicago Symphony, Ravinia and Lyric Opera
- Millennium Park Tour and lunch
- Trips to Cubs games
- Drawing and music classes
- Bible study
- Day trip and lunch in Lake Geneva
- Holiday shopping trip to Macy's in downtown Chicago and lunch in the Walnut Room
- Tea and book reviews
- Trips to see productions in Chicago and at Marriott's Lincolnshire Theatre

- Guided nature walks through forest preserves
- Trips to the Art Institute of Chicago and Milwaukee Art Museum

Fitness Center classes:

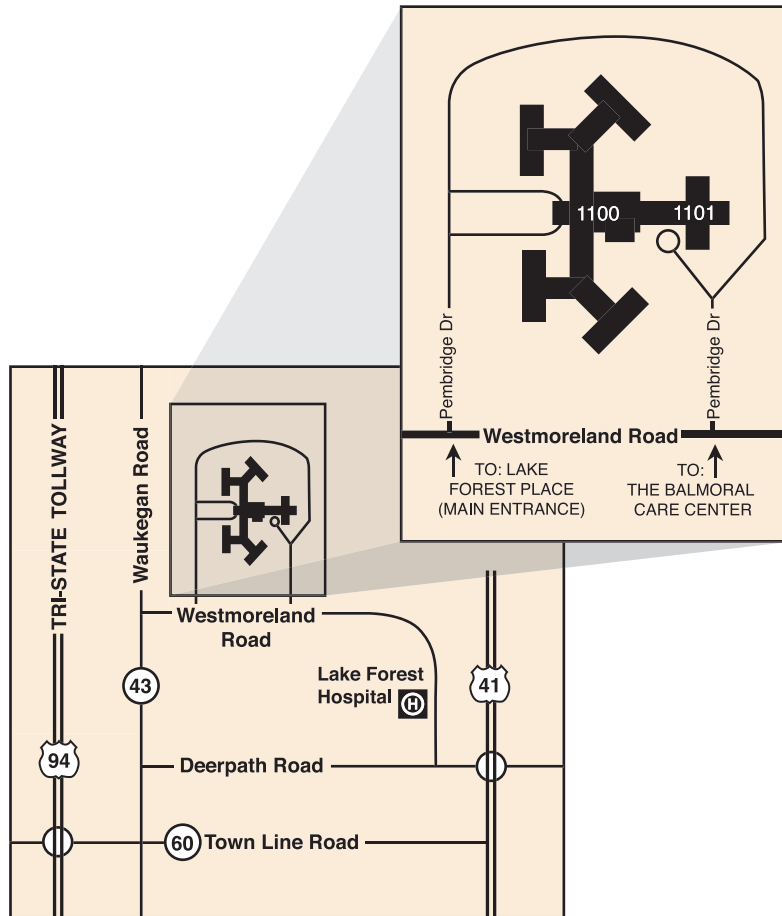
- Water Dynamics class
- Tai Chi
- Yoga
- Pilates
- Chair Exercise class
- Balance class
- Men's Training class

SAMPLE MENU

In a typical week, you may choose from these menu offerings:

MAIN DINING ROOM	CAFÉ
<p><i>Entrée choices:</i></p> <ul style="list-style-type: none"> • Seared Rainbow Trout in Provençal Sauce • Pan Fried Red Snapper in Shitake White Wine Sauce • Baked Almond Crusted Chicken • Seared Duck Breast with Lingonberry Sauce • Grilled Chicken Breast with Marinara Sauce or Hunter Sauce • Filet Mignon, available with Hunter Sauce • Roasted Strip Steak with Portobello Red Wine Sauce • Fresh Pasta with Choice of Sauces <p><i>Salad choices:</i></p> <ul style="list-style-type: none"> • Fresh and Unique Choices Daily <p><i>Accompaniments:</i></p> <ul style="list-style-type: none"> • Choice of Fresh Vegetables Daily <p><i>Desserts:</i></p> <ul style="list-style-type: none"> • Poppy Seed Cake with Fresh Strawberry Filling & Whipped Crème • Crème Brule • Fresh Fruit 	<p><i>Entrée choices:</i></p> <ul style="list-style-type: none"> • Cobb Salad • Garden Salad with Mandarin Oranges & Strawberries, served with a Sweet Poppy Seed Dressing • Liver & Onions • Made to Order Omelets • Chicken & Cheese Quesadillas • Roast Beef Sandwich • Grilled Chicken Sandwich • Hot Dog <p><i>Always available:</i></p> <ul style="list-style-type: none"> • Soup of the Day <p><i>Desserts:</i></p> <ul style="list-style-type: none"> • Frozen Yogurt • Assorted Fresh-Baked Cookies • Assorted Pies and Cakes • Fresh Fruit

MAP TO
LAKE FOREST PLACE



LAKE FOREST PLACE is located just west of Route 41 at the intersection of Waukegan Road and Westmoreland Road.

See back for driving directions.

DIRECTIONS TO LAKE FOREST PLACE

From Chicago: Take I-90/94 (the Kennedy Expressway) and follow signs to Milwaukee/Wisconsin and I-94 (the Edens Expressway). Continue north on I-94, taking the exit to Route 41 that continues north. Turn left on Route 60 and continue west to Route 43 (Waukegan Road). Turn right on Route 43 (Waukegan Road) and drive north past Deerpath Road to Westmoreland Road. Turn right on Westmoreland Road and follow the directions below **To the campus**.

From O'Hare Airport: Take I-190 east to I-294 (the Tri-State Tollway) and follow signs to Milwaukee/Wisconsin. Continue north on I-294, and exit at Route 60 east (Town Line Road). Travel east on Route 60 to Route 43 (Waukegan Road). Turn left on Route 43 (Waukegan Road) and drive north past Deerpath Road to Westmoreland Road. Turn right on Westmoreland Road and follow the directions below **To the campus**.

From Wisconsin: Take I-94 south to Route 60 (Town Line Road). Take Town Line Road east to Route 43 (Waukegan Road). Turn left on Route 43 (Waukegan Road) to Westmoreland Road. Turn right on Westmoreland Road and follow the directions below **To the campus**.

From the West either on Route 176 or Route 137: Travel east to the intersection with Route 43 (Waukegan Road). Turn right and continue south on Route 43 (Waukegan Road). At Westmoreland Road, turn left and follow directions below **To the campus**.

From the West on Route 60: Travel east to the intersection with Route 43 (Waukegan Road). Turn left and drive north on Route 43 (Waukegan Road) past Deerpath Road to Westmoreland Road. Turn right on Westmoreland Road and follow the directions below **To the campus**.

To the Campus: Once on Westmoreland Road, turn left at the first road, the entrance to the campus of Lake Forest Place (1100 Pembridge Drive). Guest parking is available at the entrance of the main building on either side of the reflecting pool. To go to the Balmoral Care Center, continue on Westmoreland Road to the second road on your left, the entrance to the Balmoral Care Center at 1101 Pembridge Drive. Parking is available directly in front of the Balmoral Care Center and in the larger lot to the east of the building.