

# The Continuing Adventures of You





CHAPTER

## The Hero in the Mirror

*Rockwood at Whitworth*

## A New Kind of Community for You and Your Story

You're at the center of an amazing tale. It's one you continue to author with each passing day as new characters are introduced and exciting adventures are undertaken.

We're Rockwood at Whitworth — an entirely new kind of community that celebrates you and your story.

This is much more than a name change. We are completely renovating and reinvigorating our Rockwood Hawthorne campus and partnering with our neighbor, Whitworth University.

The result will be a lifestyle full of possibility. Go out and do it. Stay in and enjoy it. Attend a class and learn it. Whatever "it" is, you can reach it here and turn it into the next chapter of your amazing tale.







## Engage Life in a Whole New Way

Continue your adventure at a place offering something unique, innovative and exciting. With 120 new, and spacious, independent living apartment homes, Rockwood at Whitworth will deliver a lifestyle unlike any other in Spokane. Featuring a wealth of opportunities — access to the natural beauty of the area as well as the amenities of the city, maintenance-free living, cultural enrichment, fitness activities, intellectual stimulation and lifelong learning — those eager to engage with life can find the retirement lifestyle they seek here.





# A Launching Pad for Your Adventures

Setting is crucial to any story. Situated in north Spokane on 8 park-like, comfortable acres with easy access to the city and the great outdoors just beyond, our campus will be a key character in your fulfilling adventure.

Our neighborhood's abuzz with the youthful energy of Whitworth University, with all sorts of nearby shopping, dining and entertainment gems to be found. Plus, the outdoor playground that is the Spokane area is easily reachable, including the trails of the nearby Holmberg Conservation Area.

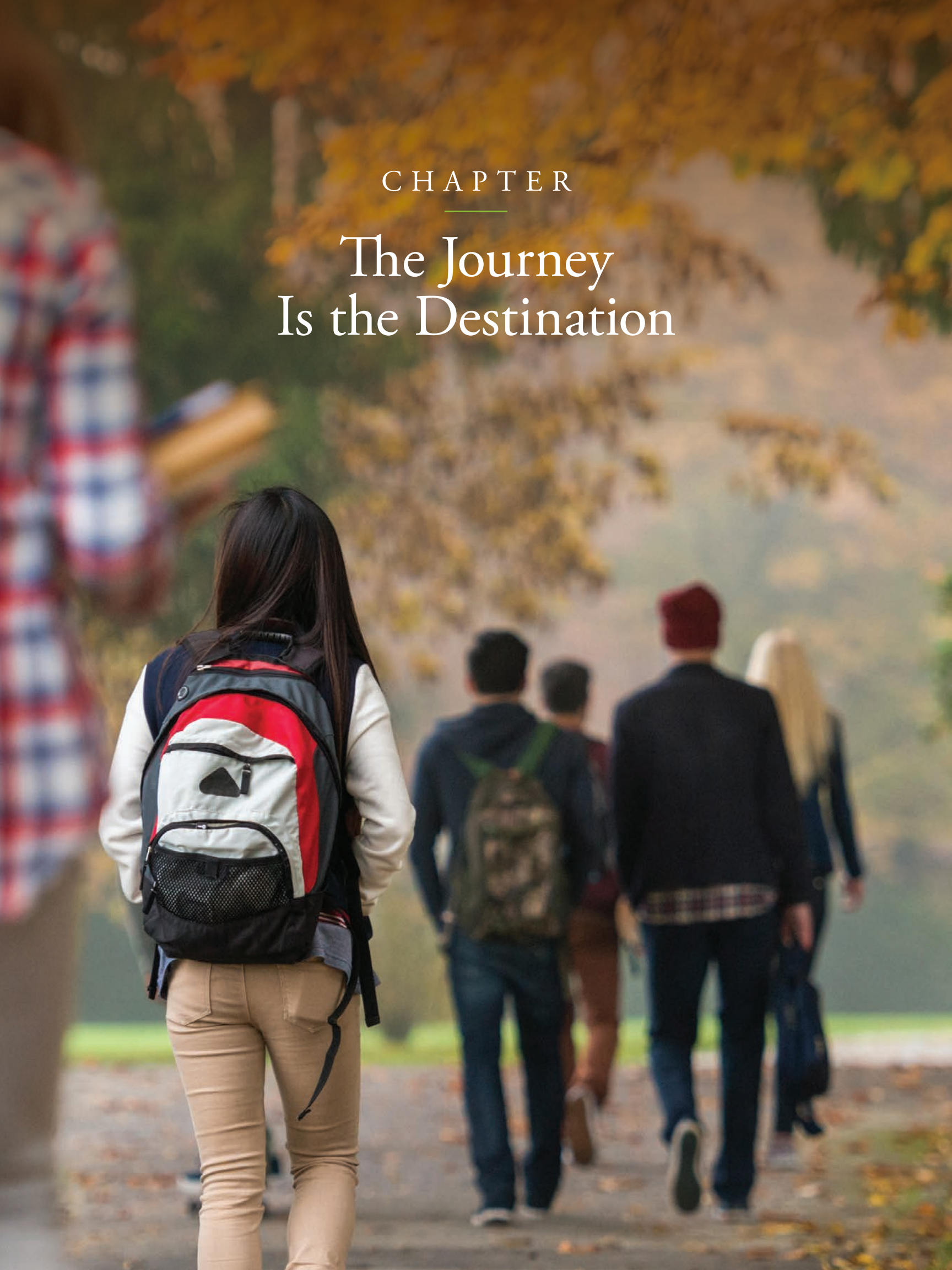


## We Also Have a Story to Tell

The Rockwood name has stood the test of time in Spokane. In 1960, pioneers from Spokane's Central United Methodist Church, with a leap of faith, opened The Manor (now renamed The Ridge on our South Hill campus), a seven-story apartment tower offering an innovative retirement lifestyle.

Today, Rockwood at Whitworth, and our thriving Rockwood South Hill campus, both continue to build on the vision of our founders. As a not-for-profit organization, our mission is to promote independence, wellness and lifelong vitality by providing housing and services to seniors, with a commitment to excellence.





CHAPTER

# The Journey Is the Destination

## Never Stop Learning

Our partnership with our distinguished neighbor, Whitworth University, creates marvelous opportunities for a senior living lifestyle infused with lifelong learning, intergenerational relationships and cultural enrichment.

Residents can take Whitworth University courses at a discounted rate and receive the same library privileges as alumni. And with preferred access to athletic events, performing arts events and other activities, as well as Whitworth dining venues, the college experience can be part of your story again.







Rockwood's innovative LiveWell Program motivates residents and staff to have fun and be creative in the pursuit of wellness. The program is based on the following seven dimensions of wellness:

- Entertainment and Fun
- Financial Well-Being
- Healthy Body and Mind
- Lifelong Learning
- Safe Life Practices
- Social Connections
- Spirituality and Mindfulness

## Living Well Means Living Fully

With a goal to exceed the expectations of Spokane seniors, our community will be the heart of an active, engaged and maintenance-free lifestyle. Enjoy an elevated level of retirement living, and craft your story with new possibilities daily.

### Residents will have their choice of a host of services and amenities:

- Multiple dining options
- Coffee shop and smoothie bar
- Large, multipurpose event space
- Fitness center
- Theater
- Bar and lounge
- Salon/spa
- Outdoor courtyards
- Underground parking
- On-site health care services, including dedicated assisted living and memory support
- Access to Whitworth University campus and classes
- Scheduled transportation





## CHAPTER

# Wherever the Story Goes



*Rockwood at Whitworth*

## A Plan for Future Chapters

Wherever your story leads, there's a plan at Rockwood at Whitworth to deliver assisted living or memory support, as needed and on-site. You'll have the peace of mind that comes from knowing that you or your loved one will have easy access to care.

### **Assisted Living**

We provide support with the tasks of daily living, such as bathing, dressing and medication reminders, which allows more time for leisure activities and making new friends. Our goal is to support and assist when appropriate, empowering you to remain as active and independent as possible.

### **Memory Support**

Safe, familiar surroundings and warm relationships cultivate confidence and contentment. Memory support features life-affirming activities that celebrate individual abilities and honor personal stories.





# When You See a Chance, *Take It*

When you find the perfect launching pad for your  
continuing adventures, the decision is natural.  
Take the next step toward your perfect retirement story.

**Call 509.466.3008 today for more information  
or to schedule a personal appointment.**

RockwoodatWhitworth.com



*Let's Talk About Your Story*

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