



Thank you for your interest and consideration of The Woodlands. The Woodlands is an independent living retirement community for adults who are 55 and greater.

The Woodlands opened in June 2008 and is owned by the Bainum Family, owners of The Gardens at Fair Oaks assisted living community. The Woodlands features fifteen different apartment floor plans, the majority have a balcony or patio. Additionally, residents enjoy the beautiful common areas including a gracious living room, restaurant style dining room, bistro, card room, heated indoor swimming pool, fitness center and a movie theater.

I thank you for your consideration of The Woodlands and hope that you will visit with us. Please call 703-667-9801 or 703-667-9802 to schedule an appointment.

Sincerely,

Ellen L. Limburg

Ellen Limburg
Executive Director



Services & Amenities Included with the Schedule of Fees:

- ◆ Emergency medical response
- ◆ Interior and Exterior Maintenance, including standard appliances, trash removal
- ◆ Weekly Housekeeping
- ◆ Utilities (does not include telephone & cable, it is pre-wired)
- ◆ Local Transportation (first come first serve program)
- ◆ Planned Social Programs
- ◆ One meal per day, lunch or dinner, Sunday Brunch
- ◆ Indoor heated pool
- ◆ All Aquatic and Land Based Fitness Classes
- ◆ Storage Unit



INCLUDED IN YOUR MONTHLY FEE

UTILITIES

- ◆ All utilities including heating, air conditioning, water, sewage, and recycling are included in the monthly fee. Each apartment home is pre-wired for telephone and cable television jacks. The monthly charge for telephone and cable television services will be the responsibility of the occupant.
- ◆ Individuals have a choice of Verizon or Cox for telephone and cable television services.

DINING SERVICES

- ◆ Individuals are entitled to one meal per calendar day which may be utilized as they choose.
- ◆ Additional meals are available for a fee.
- ◆ Two dining venues, the Bistro serving lunch and our club style dining room serving dinner and Sunday brunch.
- ◆ A private dining room is also available for those special family/friend get-togethers.

HOUSEKEEPING AND MAINTENANCE SERVICES

- ◆ Weekly housekeeping of your apartment home.
- ◆ Weekly change of bed linens (using your personal linens).
- ◆ Maintenance of your apartment home which includes appliances, plumbing and electrical repairs.
- ◆ Maintenance of building and grounds.

LIFESTYLE SERVICES

- ◆ Social, educational, spiritual, recreational and cultural programs and events at the community.
- ◆ Scheduled transportation for community sponsored trips and outings.
- ◆ Transportation within a total round trip radius of twenty miles of the community at no charge.
- ◆ Concierge assistance.
- ◆ Use of all the common areas contained within the community.

HEALTH AND WELLNESS SERVICES

- ◆ A variety of fitness programs, including regularly scheduled water aerobics and low-impact floor aerobic classes.
- ◆ Health and wellness lectures.
- ◆ Maximum of five complimentary days of respite care at The Gardens Assisted Living for duration of the contract.
- ◆ Priority access to The Gardens Assisted Living Community.



FEATURES OF YOUR HOME

- ◆ All-electric kitchen including dishwasher, microwave oven, electric range and oven, refrigerator/freezer with external water and ice dispenser, garbage disposal.
- ◆ Full size Washer and Dryer.
- ◆ Ceramic tile kitchen and bath floors.
- ◆ Wall-to-wall carpet in living room, bedrooms, dining room and den.
- ◆ Emergency response and wellness check system.
- ◆ One storage unit per apartment.
- ◆ Individual climate control.
- ◆ Granite counter-tops in kitchen and bath areas.
- ◆ Balcony and/or patio for majority of apartments.
- ◆ Mini blinds for bedroom windows.
- ◆ Smoke alarm and sprinkler system.

COMMUNITY AMENITIES

- ◆ Wooded grounds with manicured landscaping.
- ◆ Walking trails.
- ◆ Heated indoor salt water swimming pool with lifeguard.
- ◆ Fitness center with state-of-the-art exercise equipment.
- ◆ Large living room with fireplace and comfortable conversation areas.
- ◆ Large and comfortable card room.
- ◆ Private dining room for special parties.
- ◆ Bistro for lunch.
- ◆ Creative arts center for painting and craft activities.
- ◆ Ballroom for parties, guest speakers and special events.
- ◆ Reference Library.
- ◆ Business Center with computers and internet access.
- ◆ Theater with theater style screen, comfortable theater seating.
- ◆ Beauty/Barber Salon.
- ◆ Secured underground parking garage.
- ◆ Convenient trash chutes on each floor.
- ◆ Recycling room on each floor.
- ◆ Guest Suite.
- ◆ Great location with easy access to Fair Oaks Mall, Wegmans, Dulles Airport, I-66, Fairfax County Parkway, Patriot Center, golf courses, medical centers, places of worship and much more.



One Bedroom

Willow III

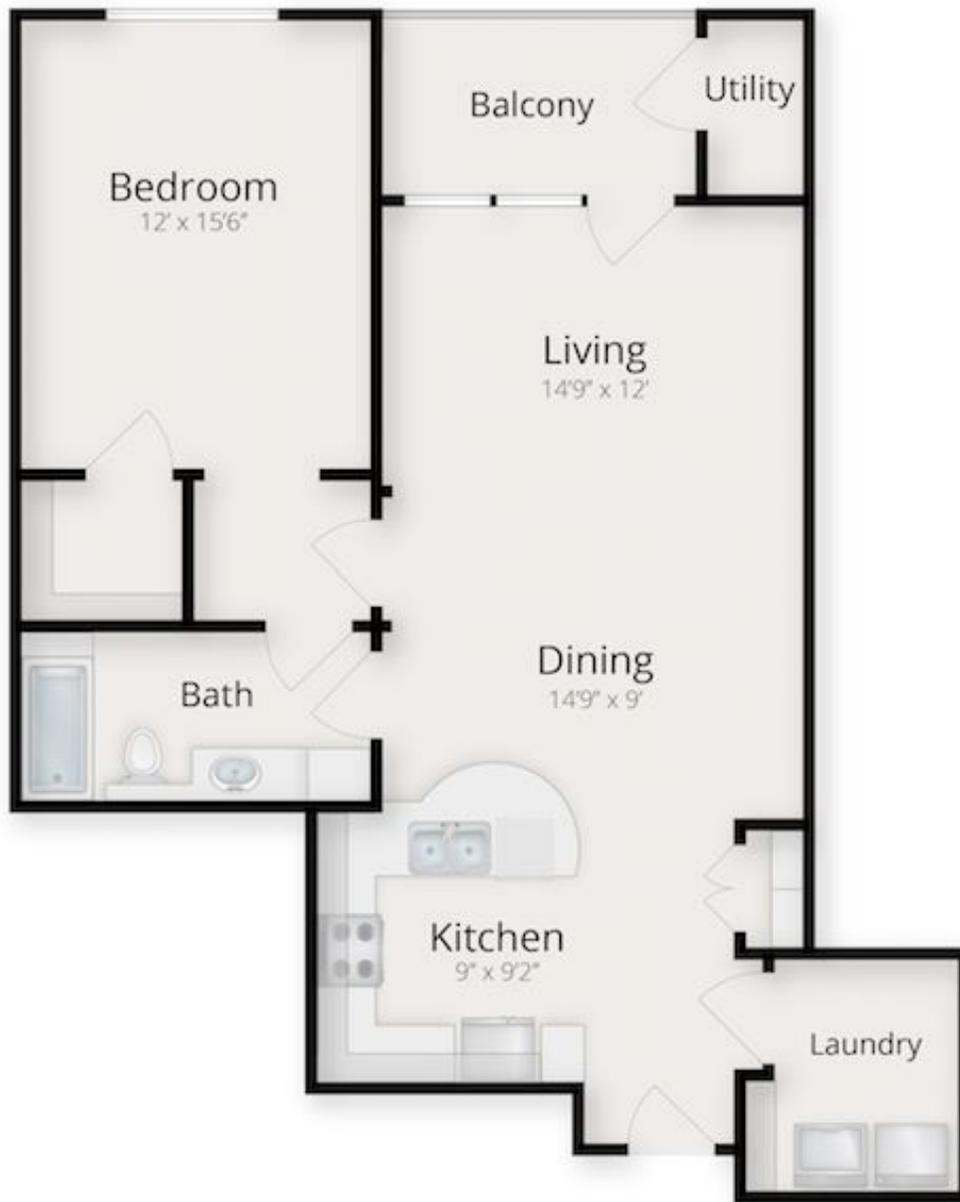
932 square feet



One Bedroom

Willow IV

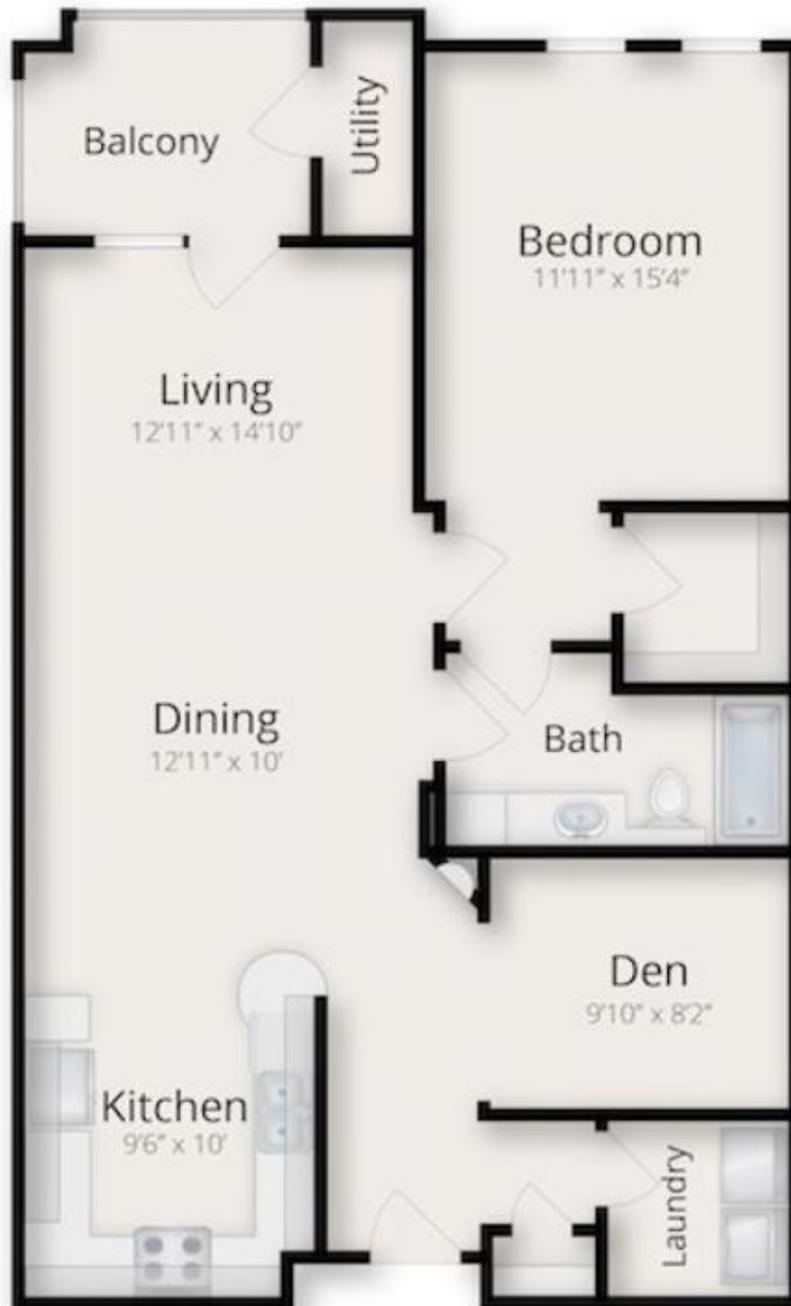
887 square feet



One Bedroom

Maple II

947 square feet



One Bedroom

Maple III 1251 square feet



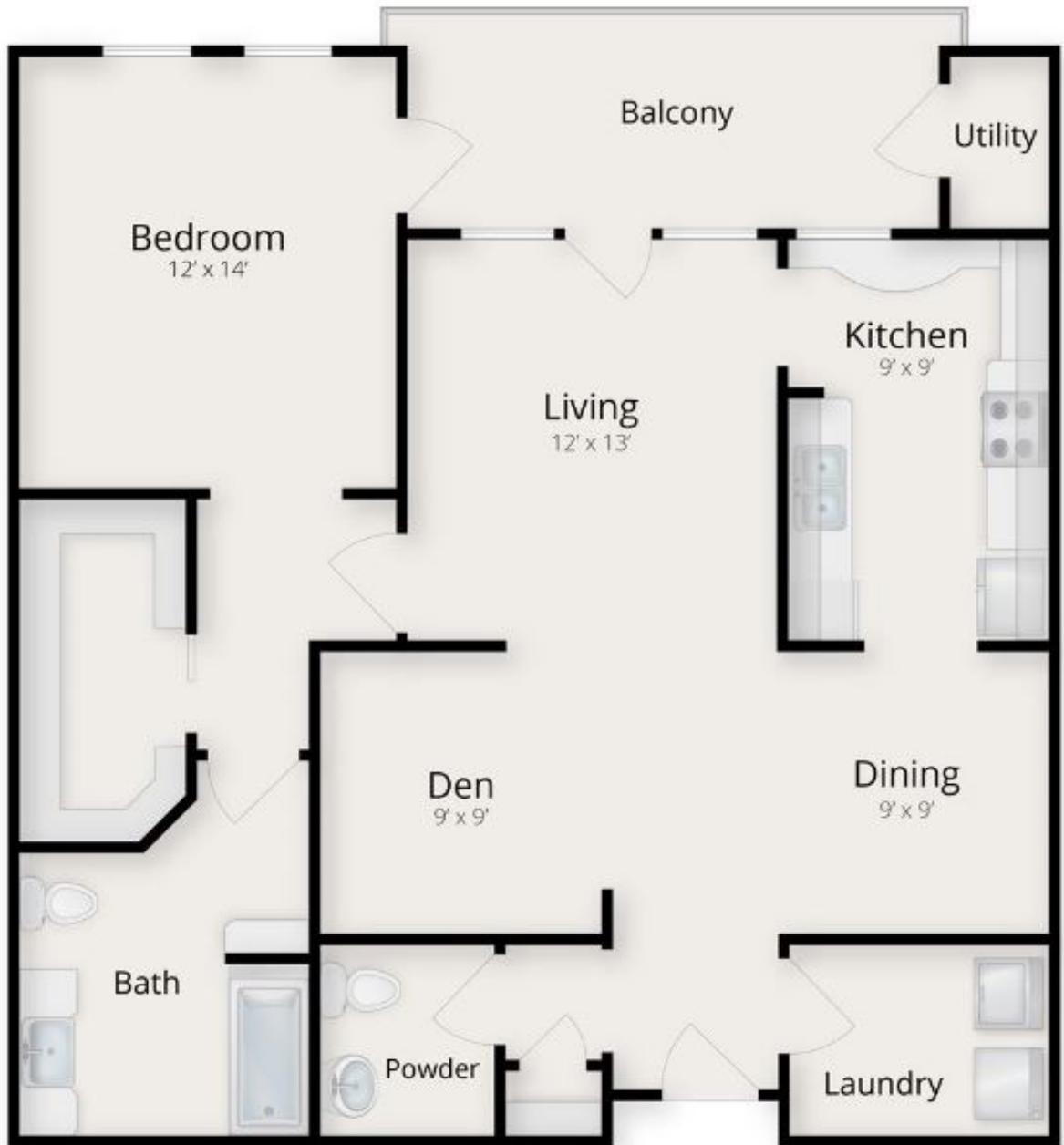
One Bedroom

Maple IV 980 square feet



One Bedroom

Maple V 1021 square feet



Two Bedrooms

Elm I

874 square feet



Two Bedrooms

Elm II 1240 square feet



Two Bedrooms

Elm III

1451 square feet



Two Bedrooms

Elm IV 1451 square feet



Two Bedrooms & Den

Oak I

1434 square feet



Two Bedrooms & Den

Oak II 1500 square feet



Two Bedrooms & Den

Oak III 1573 square feet



Two Bedrooms & Den

Oak IV 1687 square feet



Two Bedrooms & Den

Oak V 1894 square feet



Testimonials

“Are you looking for a place where you have to dress up for dinner each night? Like to put on a tux or beautiful dinner dress? If you answered ‘yes’ then you might not be thrilled to live at The Woodlands. Here it’s more like you never left home, except you have many more friends with which to mingle. Oh, and food that’s probably better than you had at home. You don’t have to pass a ‘compatibility’ test to live here, but you’ll think that everyone else did, and they all passed. And if you really want to get dressed up for dinner, I guess you can.”

- Bill Chandler



“The time came in my life when I knew I should begin a new chapter. No waiting for the right time....no over thinking!

I looked all over the area...near and far. Some communities were too big or too far away... some I only got as far as the lobby area and walked out. When I visited The Woodlands I knew immediately that this was to be my new home. The residents were from all over the United States...every profession from military to musicians, doctors, lawyers, government, teachers, librarians etc. the meals are superb from the professional kitchen staff to our wait staff who are delightful and try to please your every request.



The exercise program continues to add new approaches to meet everyones fitness needs. Our 90 degree heated pool serves the residents and also offer aquatic fall prevention and balance classes to those who live in area. Living at The Woodlands is truly 5 star.”

- Betty Marshall

Sample Dinner Menu

Soups

Soup of the Day: To Be Announced

Soup of the Week: Potato Leek *GF*

Low Sodium: Chicken Noodle, Vegetable or Tomato

Appetizers

Crab Ball

Served with Tartar Sauce

Fried Macaroni and Cheese

Beef and Cheese Burrito

Served with Salsa

Salads

Salad of the Week:

Asian Apple Slaw *GF*

Apples, Cabbage, Radicchio, Carrots and Raisins
Tossed in a Honey Vinaigrette

Jack Salad *GF*

Cucumber, Tomato, Avocado, Onion and Black Olives
Served with Choice of Dressing

Caesar Salad

Romaine Hearts, Parmesan Cheese and Herb Croutons
Tossed in Caesar Dressing

Raw Vegetable Plate *GF*

Seasonal Selection
With Ranch Dipping Sauce

Garden Salad *GF*

Mixed Greens with Tomatoes and Cucumber
Served with Choice of Dressing

Seasonal Fruit Plate *GF*

Chef Selection of Seasonal Fruit With Low Fat Cottage Cheese

Sample Dinner Menu

Entrées

Sautéed Calf's Liver *GF*

Served with Bacon, Onions and Brown Gravy
(Available without Bacon)

Blackened Salmon Fillet *GF*

Over Mixed Greens with Apple, Walnuts and Almonds
Tossed in Honey Cilantro Vinaigrette

Beef Stir Fry

With Carrots, Broccoli, Peppers, Baby Corn and Bean Sprouts

Roasted Chicken Thigh *GF*

Served with Whole Grain Mustard Sauce

Sautéed Shrimp *GF*

Served with Sweet Curry Sauce

Choice of Heart Healthy Tilapia, Salmon* , Steak* or Chicken (White or Dark Meat)

Heart Healthy Selections Can Be Prepared
Grilled, Baked, Broiled or Sautéed

Vegetarian Options

NY Roast

Served with Sweet Tomato Gravy

Vegan BBQ Chicken

Vege-Chicken Strips Tossed with Onions and BBQ Sauce

Special K Roast

Served with Brown Gravy

Vegan Stir Fried Skallops

Served with Brown Gravy

Sample Dinner Menu

Vegetables and Fruits

Steamed Asparagus *GF*
Glazed Carrots *GF*
Wax Beans with Garlic Butter *GF*
Sautéed Brussels Sprouts *GF*
Steamed Five Way Mixed Vegetables *GF*
Homemade Apple Slices *GF*
Homemade Apple Sauce *GF*
Steamed Broccoli *GF*
Steamed Carrots *GF*
Steamed Cauliflower *GF*

Steamed Vegetables Contain No Butter or Oil

Starches

Jasmine Rice *GF*
Wheat Berries
Angel Hair Pasta with Marinara Sauce
Mashed Potatoes *GF*
Baked Potato *GF*
Baked Sweet Potato *GF*
Brown Rice *GF*
Brown Rice Pasta *GF*
Whole Wheat Pasta *GF*

Beverages

Coke, Diet Coke, Sprite, Root Beer, Pink Lemonade
Ginger Ale, Iced Tea, Orange Juice**,
Apple Juice, Cranberry Juice, Pineapple Juice**,
Prune Juice**, V-8 Juice**, Tomato Juice**
Coffee ~ Regular or Decaf
Selection of Assorted Hot Tea

*** 100% Juice, No Added Sugar*

Sample Dinner Menu

Dessert

Chocolate Ganache Cake

Red Velvet Cake

Pumpkin Pie

Raspberry Jell-O

Sugar Free Dessert

No Sugar Added Double Chocolate Cake

No Sugar Added Mixed Berry Pie

Sugar Free Lemon Jell-O

Ice Cream of the Week:

Dark Chocolate Raspberry Truffle *GF*

Gourmet Ice Cream *GF*

Vanilla, Chocolate, Strawberry, Butter Pecan***, Coffee

No Sugar Added: Vanilla, Turtle Sundae***, Butter Pecan***

Vegan Ice Cream***: Vanilla or Salted Caramel Cluster

Sorbet *GF*

Lemon ~ Raspberry

Fat Free Frozen Yogurt *GF*

Vanilla ~ Peach

Seasonal Fruit Plate *GF*

Served with Low Fat Cottage Cheese

****Contains Nuts*