

# COMMON PERSPECTIVE

*Focus on my long-term health.*



**W**e know living a healthy life is important to you, and we want to support you! *The Commons* encourages your healthy lifestyle by giving you access to education, research, technology and community support to explore better ways to live longer.

## Fitness Center

Located between the Club Room & our Outdoor Living Area, the Fitness Center is fully equipped with cardio and strength equipment for your use any time. If you would like, your Member Service Director and our health and fitness partners can develop a plan for you to use the center.

## Health & Fitness Partners

*The Commons* has selected several partners that share our vision of long-term health and vitality and offer our Members special benefits. You can schedule consultations with them in your apartment or in the Crossroads Room located on the first floor.

## Your Life, Your Way

With our exclusive *Your Life, Your Way* service offering, you benefit from even more flexibility and control over buying services that fit your lifestyle at any time that is right for you. Some of the optional services *The Commons* offers include:

- Reserved parking
- Remote extra storage unit

- Housekeeping services
- Laundry services
- Personal Assistant services
- Transportation
- Trash collection & removal
- RV parking
- Meals
- Beauty and barber shop

With *Your Life, Your Way*, you choose what services are right for you, and pay only for what you need. You save even more with our packaged pricing, or just pay as you go — it is your choice!

## Apple a Day

*The Commons* covers topics involving health, family, finances, home and

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55+ ACTIVE ADULT COMMUNITY



lifestyle in our *Apple A Day* program. You are invited to attend monthly discussions with experts in these areas as part of our recreation program. The most current information on these topics is provided on the *Apple A Day* page of our website and in *The Commons* monthly newsletter.

## Priority Access to Country Cottage

Country Cottage is proud of its reputation as one of the finest assisted living residences in Huntsville. In fact, Country Cottage is the only assisted living residence to receive the Alabama Department of Public Health's highest green rating for each of its three Cottages. The Country Cottage offering includes:

- Nurse supervised, 24-hour staff attention
- 🍀 Caresteps personal care plan
- 3 home-style meals a day & snacks
- Assistance with medications
- Planned off and on-site recreation
- Weekly thorough housekeeping and daily tidy up
- Weekly personal laundry
- Scheduled transportation

As a Commons Member, you enjoy additional special benefits, should you need Country Cottage.

- Choice of Cottage apartment including priority placement on the wait list
- Immediate assessment of your needs for Cottage services
- Immediate processing of Cottage application and other entrance documents

- Guaranteed temporary residency at another Cottage location at the Country Cottage - Huntsville rate (if necessary)



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