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L I V E   B E T T E R  
L O N G E R

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THE COTTAGE HOMES AT  
LAKE FOREST PLACE

A  Presbyterian Homes Community

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## SERVICES & AMENITIES

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

YOUR CHOICE OF COTTAGE INCLUDES THE FOLLOWING:

- Two bedrooms plus den
- Master bathroom with walk-in shower and convenient safety features
- Gourmet eat-in kitchen, including all appliances
- Choice of finish upgrades
- Walk-in closets
- Two-car garage
- Fireplace
- Large bay windows with beautiful views
- Full-sized washer and dryer
- Private patio with attractive landscaping
- Optional finished basement upgrade
- 24-hour emergency call system

### A CAMPUS FEATURING:

- Beautifully manicured lawns and planting areas
- Winding walkways and shaded seating areas
- Wetlands area and two-acre lake stocked with fish

### A CENTRALLY LOCATED TOWN CENTER OFFERING:

- Restaurant-style dining rooms of varying formality, plus an outdoor dining terrace
- Private dining rooms for special occasions
- Comfortable living rooms and lounges
- Community Auditorium
- Library
- Card room
- Bank
- Gift shop
- Arts and crafts studio
- Resident Resource Center with computers, fax and copy machines
- Woodworking shop
- Beauty salon with spa and barbershop
- Chapel

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## PROGRAMS & EVENTS

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### SAMPLE PROGRAMS AND EVENTS:

- Trips to Chicago Symphony, Ravinia and Lyric Opera
- Trips to the Art Institute of Chicago and Milwaukee Art Museum
- Trips to Chicago Museum Campus
- Holiday shopping trip to Macy's in Chicago with lunch in the Walnut Room
- Millennium Park tour and lunch
- Trips to the Chicago Theatre, Marriott's Lincolnshire Theatre and Writer's Theater
- Day trip and lunch in Lake Geneva
- Trips to baseball games
- Continuing education at Lake Forest College
- Drawing and music classes
- Bible study
- Tea and book reviews

### FITNESS CENTER CLASSES:

- Water aerobics class
- Tai Chi
- Yoga
- Pilates
- Chair exercise class
- Balance class
- Men's training class
- Walking club
- Boot camp class

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1100 PEMBRIDGE DRIVE | LAKE FOREST | ILLINOIS 60045  
847-604-8800 | PRESBYTERIANHOMES.ORG



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## SAMPLE MENU

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IN A TYPICAL WEEK, YOU MAY CHOOSE FROM THE SUNDAY  
BRUNCH BUFFET AND THESE MENU OFFERINGS:

### CLUB LEVEL DINING

#### ENTRÉE CHOICES:

- 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
- Linguine with Shrimp and Vodka Cream Sauce
- Filet Mignon, available with Hunter Sauce
- Roasted Strip Steak with Portobello Red Wine Sauce
- Weekly Buffets

#### SALAD CHOICES:

- Spinach and Cranberry Salad
- Asian Chopped Salad
- Choice of fresh vegetables daily

#### DESSERTS:

- Poppy Seed Cake with Fresh Strawberry Filling & Whipped Crème
- Crème Brulée

### CAFÉ

#### ENTRÉE CHOICES:

- Traditional Cobb Salad
- Chicken Caesar Salad
- Three-Salad Plate with Fresh Fruit
- Made to Order Omelets
- Grilled Chicken Breast Sandwich
- Tuna, Chicken or Egg Salad Sandwich

#### ALWAYS AVAILABLE:

- Homemade Soup of the Day
- Fish Special of the Day

#### DESSERTS:

- Homemade Frozen Yogurt
- Lemon Meringue Pie
- Chocolate Layer Cake
- Sliced Fresh Fruit



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## SERVICES & AMENITIES

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### SERVICES INCLUDED IN THE FEES:

- Flexible dining program
- Weekly housekeeping services
- Complete indoor and outdoor maintenance of cottages, community buildings and campus grounds
- Wide range of scheduled programs and events
- Fitness center with swimming pool, scheduled classes and personal training
- Scheduled transportation
- All utilities (except telephone and internet) including heat, air conditioning, water, sewer and trash removal
- Attached garages
- 24-hour security staff

### HEALTHCARE SERVICES AVAILABLE:

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

- Licensed skilled nursing care at the Balmoral Care Center in all-private rooms, as well as specialized memory care in a beautiful, secure environment
- Social services

### THE HIGHLANDS AT LAKE FOREST PLACE:

Assisted living offers care 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 events and wellness programs.

### SERVICES AVAILABLE FOR AN ADDITIONAL CHARGE:

- Special events and trips
- Additional meals
- Meal delivery
- Guest apartments
- Beauty and spa services
- Barbershop

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