

CAROLINA MEADOWS

A Continuing Care Retirement Community



EQUITY, IT'S YOUR ADVANTAGE.™
CHAPEL HILL, NORTH CAROLINA

OUR STORY:

Formed over 30 years ago, Carolina Meadows was designed from the beginning to be different. It was designed to be a place where a diverse, welcoming group of adults could come together and discover a relaxing, inclusive environment where they are free to create a life of relevance.

A non-profit with a strong vision, Carolina Meadows is an accredited Continuing Care Retirement Community (CCRC) where more than 725 residents have an active role in making their community enriching and vibrant.



Discover a New Choice.

Discover a place filled with unlimited opportunities, where you are free to invent the lifestyle you choose: one that's affordable, engaging and comfortable. Discover a community that inspires it's residents to flourish through intellectual growth and physical well-being.

Discover Carolina Meadows.

DISCOVER

EXPERIENCE

Locally Renowned, Globally Approved

Learn about the area.

Nestled in the rolling, wooded Piedmont of North Carolina and the center of The Triangle, Carolina Meadows provides an enviable setting for retirement. Carolina Meadows is officially part of the town of Chapel Hill, where diverse ideas, people and opportunities converge.

Our residents enjoy close proximity to the world's best medical centers; cultural venues including galleries, theaters and acclaimed dance companies; and three major universities for lifelong learning opportunities.



30

MINUTES FROM THE
RALEIGH-DURHAM
AIRPORT

130

MILES TO THE
ATLANTIC
OCEAN

160

MILES TO THE
BLUE RIDGE
MOUNTAINS

EXPERIENCE

Take Part in Your Community

Carolina Meadows is your community.

Our residents are deeply involved in our governance, filling 23 committees that deal with all aspects of campus life. The decisions they make improve the quality of life for all and create programs people are excited about.

These programs and activities cover a broad range to appeal to all types. We have hiking trails and yoga classes, an aquatic center and a private golf course, bocce courts, a woodworking shop and so much more. Being actively involved in both your community and your surroundings leads to a more fulfilling life.



93.1

**PERCENTAGE OF RESIDENTS WHO WOULD
RECOMMEND CAROLINA MEADOWS TO A FRIEND**

EXPERIENCE

Comprehensive Amenities

Maintenance-Free Living

Repair or Replacement of Worn or Broken Items

Plumbing

Heating

Air Conditioning

Appliances

Exterior Painting

Gutter Cleaning

Lawn Care: Mowing, Fertilizer and Pesticide

Landscape Maintenance

Trash Collection

Attic Access: Retrieve or Store Items

Interior Painting

Shelving Installation

Housekeeping: General Cleaning,
Inside Window Cleaning, Oven Cleaning,
Changing Bed Linens, Laundry

Guest Suites

Comfortable Hotel-Like Rooms Available by
Reservation for Overnight Guests with Queen
Size Beds, Kitchenette, Cable, WiFi

Library

Reading Areas Stocked with Daily Newspapers,
Current Magazines and Best-selling Books

Over 4,750 books and 700 DVDs

Security

24-hour Emergency Response

Daily Security Check-in

Parking and Transportation

On-Campus Transportation

Medical Appointment Transportation

Weekend Transportation: Worship Services

Shopping Excursions: Supermarkets,
Shopping Centers and Malls

Fee-For-Service Transportation Available

Wellness Services

Haircuts

Shampoo

Perms

Color Treatments

Manicures & Pedicures

Acupuncture and Massage Therapy

Front Desk

Staffed 8 a.m. to 9 p.m. Daily to Welcome
Residents, Register Guests and Accept Deliveries

Security Staff Available After These Hours

Business Services

SunTrust Bank

Notary Public

Business Center: Copier, Computers, Fax
Machine, Printer, Scanner and Shredder

Gift Shop

Mail and Postage Services

EXPERIENCE

Your Own Personal Design

Discover the joy of making your own rules.

At Carolina Meadows, we provide appealing floor plans and premium options for you to design your own personal home. Visit our selection gallery and let the details sink in: stone surfaces, beautiful hardwood floors, custom cabinetry—the choices are always yours.

From a colorful new paint palette to new countertops, appliances and even layout changes, our detail-oriented options coordinator will help you make the most of all of the artful architectural options that will illuminate your new home.





EXPERIENCE

World-Class Health and Wellness

Inclusive fitness options help you feel your best every day.

Carolina Meadows is a place to live well and stay well. Our comprehensive health and wellness programs help you energize body, mind and spirit—conveniently in your own community. From group activities to one-on-one personal training, our highly trained wellness advisors and healthcare professionals will help you enjoy a retirement that perfectly reflects your preferences, goals and interests.

Amenities

Sports & Outdoors

- Croquet Court
 - Tennis Courts
 - Bocce Court
 - Walking & Biking Trails
 - Community Garden
 - Table Tennis
-

Aquatic Experiences

- Jacuzzi
- Pool
- Tai Chi Movements
- Aqua Fitness
- Arthritis Aquatics
- Heart Smart

Exercise & Movement

- Strength & Cardio Equipment
 - Yoga
 - Zumba
 - Wii System
 - Tai Chi
 - Stretch 'N' Tone
 - Flexercise
 - Personal Training
-

Healing Therapies

- Acupuncture
- Massage
- Meditation
- Nutritionist

Golf

- Nine-Hole Par 3 Golf Course
-

Club Center

- 5,000 sq ft Wellness Center
 - Professional Wellness Staff
 - Arts & Crafts Studio
 - Woodworking Shop
 - Game Room
-

Personal Training

Our highly trained staff can devise individual exercise programs built on personal goals inside or outside of your home.

EXPERIENCE

Culinary Delights

Our signature restaurants honor your good taste.

Here, every meal is a moment to savor. Carolina Meadows offers a wide variety of delicious, healthy choices for breakfast, lunch, dinner and late night. Our award-winning chefs raise the culinary bar with six unique dining options that satisfy every taste, including vegetarian and gluten-free options.



EXPERIENCE

Dining Options

Courtyard Dining Room

Savor white-tablecloth service six days a week for an elegant dinner. Reservations are required. The modern and open design of this dining room allows you to enjoy our beautiful landscaping while still allowing for intimate conversations. Our 56-seat private dining room is available to reserve for your special event or meeting.

The Pub

Enjoy a more casual yet full service, modern approach to dining with both traditional and trendy menu options. The Pub features 20 different wine pairings and a large selection of locally sourced draft beer. You may also bring your own bottle to share with friends. Late night options are perfect while you wind down after a busy day.

The Bake Shop

The Bake Shop features a daily variety of house-made pastries, breads and delectable desserts to enjoy with your coffee, tea or cappuccino. Please ask our Barista to customize your beverage to your liking or choose from our menu of delightful hot and cold coffee house drinks. Enjoy a gelato or house-made soft serve ice cream from the many flavors we will feature daily. Counter service or full table service is available.

The Marketplace

Looking for a casual dining experience with a variety of chefs stations from rotisserie chicken to pizza? If so, The Marketplace at Carolina Meadows is your destination. With stations that include Soup, Salad Bar, Featured Entrées, Grill, Rotisserie, and a Chef Station as well as Desserts and Beverages, no two days will ever be the same. Our staff is available to assist with service and seating in this open and inviting venue.

The Fairways Dining Room

The Fairways is Carolina Meadows' assisted living community. This charming dining destination is available to all residents. The menu features elegant breakfast, lunch and dinner specials plus a variety of traditional daily favorites.

The Café

The Café is the perfect spot for a quick bite, or to savor one of our delicious milkshakes. The menu features house-made soups, Boar's Head-brand meats for a sandwich and fresh salads made daily. Enjoy an espresso, latte or cappuccino while surfing the net with our free WiFi.

EXPERIENCE

Peace of Mind for Your Future

Accessible, high-quality care when you need it.

Carolina Meadows provides a continuum of care that meets the evolving needs of our residents. We understand that staying healthy is what gives quality to life. Long-term care services, assisted living and skilled nursing care are all part of our comprehensive continuing care plan. Our highly trained wellness advisors and healthcare professionals will help you enjoy an active, healthy lifestyle.

Assisted Living

The Fairways offers private apartments, a dining room, library, exercise studio and lecture hall. The Fairways is staffed 24 hours a day and provides all daily meals, snacks, housekeeping and recreational activities.

Memory Care

Within the Fairways is a community dedicated to those with memory impairment and staffed by a compassionate team of skilled nurses and certified nursing assistants.

The Pines Nursing Center

Our skilled nursing center is dedicated to helping residents maintain the highest level of independence possible. The Pines is staffed with skilled healthcare professionals supported by our medical director. Respite care is also available.

EXPERIENCE

Live Well, Be Well

Carolina Meadows Primary Care Practice.

- ✓ FULL SERVICE ON-CAMPUS PRIMARY CARE PRACTICE
- ✓ GERIATRIC-TRAINED PHYSICIANS AND PRACTITIONERS
- ✓ STAFF WORKS IN CONCERT WITH YOUR OUTSIDE PHYSICIANS
- ✓ REHABILITATION SERVICES INCLUDING PHYSICAL AND OCCUPATIONAL THERAPY

