



THE
PALISADES
At Broadmoor Park

Independent Living

The Palisades Life

In collaboration with the University of Colorado at Colorado Springs' Gerontology department and the Beth-El College of Nursing, The Palisades At Broadmoor Park has broken the mold of the typical Independent Living Community and brought it into the 21st century. Our partnership with the university and their resources and programs is unlike anything else done before in this industry.

At the Palisades, we believe you should have plenty of opportunities to not only continue engaging in activities you have always enjoyed, but also to branch out and experience new things. That is why we will offer a host of possibilities to keep you as involved as you would like and continue expanding your horizons. Listed below are just some of the potential ways you could spend your time while living at the Palisades at Broadmoor Park.

*We encourage you to **Stay Sharp***

A wide variety of classes will entertain you and help strengthen your mind. For example:

- History
- Genealogy
- Psychology
- Audit UCCS Classes
- Computer Information
- Culinary Arts
- Business
- Arts and Crafts

*We encourage you to **Stay Healthy***

Staying fit and sharp is fun and exciting at the Palisades. We have created an array of physical and mental fitness programs to help you stay healthy and engage in life. A Palisades Health Coordinator will work individually with you to shape a healthy, fulfilling lifestyle including exercise and diet. Your personal health records are maintained and kept confidential to track weight, strength, and balance. The Health Science faculty at UCCS will design a regular physical activity program to promote independence and strength. An annual evaluation and check-up with our Certified Nurse Practitioner keeps you in the best health possible. Personal Fitness Trainer available by appointment. Participate in exercise classes such as:

- Tai Chi
- Step Aerobics
- Yoga
- Water Aerobics

*We encourage you to **Stay Connected***

Meet new people with similar interests in any of our various clubs and groups. For example:

- Fishing
- Billiards
- Bingo/Bridge
- Music
- Dancing
- Photography
- Book Club
- Biking
- Gardening
- Golfing
- Symphony
- Walking
- Wine Tasting
- Scrap booking
- Travel
- Art

Standard Services Provided for Independent Living (Luxury Apartment Homes)

- All utilities (except in Patio Homes and Cottages) including extended cable package, high-speed internet/intranet and local phone service with voice mail
- Weekly housekeeping with flat linen service
- Scheduled transportation and daily activities
- 30 meals per month—Restaurant style dining under the direction our Executive Chef

Supportive Services

- Regular assessment of your wellness
- On site primary Nurse Practitioner care clinic
- Management strategies for chronic illness
- Cognitive fitness—maximize your brain
- Personalized strength and fitness programs
- Nutrition and Dietician consultation

Premier Living at these Low Prices:

Luxury Apartment Homes

Beethoven	1-Bedroom, 1-Bath Apartment Home (702 sq. ft.)	\$2,650
Bach	Large Corner, 1-Bedroom, 1-Bath Apartment Home (843 sq. ft.)	\$2,950
Chopin	1-Bedroom+Study+1½-Bath Apartment Home (864 sq. ft.)	\$3,050
Gershwin	2-Bedroom, 2-Bath, with Fireplace Apartment Home (969 sq. ft.)	\$3,250
Mozart	2-Bedroom, 2-Bath, with Fireplace Apartment Home (1026 sq. ft.)	\$3,350

Patio Homes

Vivaldi	Patio home with fireplace, garage, patio, 10 meals/month (1446 sq. ft.) . . .	\$3550
	2-Bedroom, 2-Bath (utilities individually metered)	

Second person rates are \$350 for the cottages and patio homes and \$500 for the apartment home suites.

Note: Square footages of all Palisades’ homes do not include decks, patios, or garages.

Prices subject to change at any time. Prices updated September 2008.

**4547 Palisades Park View
Colorado Springs, Colorado 80906**

**phone-719.226.2273
toll-free-866.645.8166**

www.PalisadesCARE.com