



# Senior Living *Reimagined*

**CAPITOL RIDGE**  
Gracious Retirement Living

12751 Sudley Manor Dr  
Bristow, VA 20136  
**571-781-5414**

# Our Gracious Retirement Lifestyle

## APARTMENT AMENITIES

- Studios, 1 bedrooms & 2 bedrooms with kitchenettes
- Keyless entry to apartment
- Granite countertops
- Full size stainless steel refrigerator
- Wi-Fi available for streaming and internet connectivity
- Neutral tone carpeting
- Blinds
- Bed linens and towels provided
- Thermostat in each room for year round comfort
- Fire protection systems & sprinklers
- Spacious bathroom with walk-in showers
- Balconies in select apartments
- Vaulted ceilings in select apartments

## COMMUNITY AMENITIES

- Several community rooms and common areas
- State of the art movie theater
- Spacious library with cozy fireplace
- Barber / beauty salon
- Billiards and card rooms
- TV room with large screen television
- Chapel for worship and bible studies
- Fitness center
- Spacious activity room
- Community Wi-Fi
- Business center
- Laundry room in all wings on every floor
- Walking paths / Raised garden beds / outdoor fire pit
- 21 passenger bus for transportation needs
- Complimentary roll-a-way beds
- Resident travel program
- Guest apartment available

## BASIC SERVICES INCLUDED IN RENT

- Live-in managers
- 3 delicious chef-prepared meals served daily
- Scheduled transportation
- Cable television
- All utilities included, except personal phone
- Medical Alert Device with GPS Technology and 24/7 live response, operated by Best Buy Health
- All day coffee and snack bar
- Fruit bar and soft-serve ice cream available 24/7
- Exercise classes
- Parties
- Entertainment
- Weekly housekeeping including dusting, vacuuming and sanitation of cabinets and counters
- Bed linens and towels are provided and laundered weekly
- Maintenance performed as needed in all apartments

## GENERAL INFORMATION

- Month to month rent / no buy in fees or leases
- Guest meals \$5.00 for breakfast or supper, and \$7.00 for dinner



# You Make the Comparison

## Your Current Monthly Costs

Rent, mortgage, interest	\$ _____
Utilities (electricity, water, sewer, garbage, gas, heat & air conditioning)	\$ _____
Insurance & property taxes	\$ _____
Home maintenance (roofing, landscaping, plumbing, & other repairs)	\$ _____
Breakfast, lunch & dinner	\$ _____
Laundry & linens	\$ _____
Housekeeping	\$ _____
Transportation (your car, insurance, repairs, gas, oil)	\$ _____
Homeowners association (fee, club, dues, etc.)	\$ _____
Gym membership	\$ _____
Security night guard or burglar alarm	\$ _____
24 Hour emergency aid	\$ _____
Cable television or satellite	\$ _____
<b>Current Total</b>	<b>\$ _____</b>

## Monthly Costs at Capitol Ridge

Monthly rent	\$ _____
All utilities except telephone & you control the temperature	<u>INCLUDED</u>
Insurance & property taxes	<u>INCLUDED</u>
All home maintenance, repairs, & landscaping of our beautiful grounds	<u>INCLUDED</u>
Three delicious meals each day	<u>INCLUDED</u>
Free laundry facility near your apartment, linens provided	<u>INCLUDED</u>
Weekly housekeeping service	<u>INCLUDED</u>
Free scheduled transportation on our comfortable bus	<u>INCLUDED</u>
Ongoing social & recreational programs	<u>INCLUDED</u>
Fitness program & exercise room	<u>INCLUDED</u>
Management team on-site	<u>INCLUDED</u>
Medical Alert Device with GPS Technology and 24/7 live response, operated by Best Buy Health	<u>INCLUDED</u>
Basic cable television	<u>INCLUDED</u>
<b>Total For Your Apartment</b>	<b>\$ _____</b>

# EXPERIENCE THE LIFESTYLE OUR RESIDENTS ENJOY EVERY DAY



"Before I moved to Wilshire Estates in November 2021, I was certainly hesitant to make the transition from my home to a retirement community. When I initially began my search, I felt I was not ready. I had lived in my home for many years and was very involved in my community. I realized that I was quite lonely in my 4-bedroom home and needed a change. I toured 4 times and even came for a trial stay before deciding to move. Since I've moved to Wilshire Estates, I'm no longer lonely and I'm surrounded by new friends. The community feels like home and I no longer have to worry about housework, grocery shopping or meal preparation. If you are a senior living alone and you want close friendships and are tired of being lonely, then this is the place for you."

*~ Gloria Logan (Wilshire Estates - Silver Spring, MD)*

"It feels like home. My apartment is beautiful, and I love sitting on my balcony. Everyone is so nice, and I have met some great people. I was referred by existing residents, and I am glad I chose The Lodge at Wake Forest. All the meals are tastefully prepared, and I especially enjoy the snacks that are available throughout the day. There is so much to do, I can't pick just one favorite."

*~Bob Reichard (The Lodge at Wake Forest - Wake Forest, NC)*



"Linwood Estates is the perfect place to call home for my husband and I. We were fed up with having to maintain the upkeep of a house. We are now where we feel we need to be. The food is delicious, the activities are fun, and the care is GREAT. Having the managers live on-site helped us make up our minds that the staff here really care about us all. We plan to stay here at Linwood Estates for a long time. We love it."

*~Ronnie & Karen King (Linwood Estates - Lawrenceville, GA)*

"I had heard about Willow Creek from a patient of mine. I called for my parents, and the managers Glenn and Val, invited us to meet them the same day. I instantly decided that this was the right home. Management is beyond attentive, the chef and food are amazing, the servers are patient and understanding, and the housekeeping is thorough. The transportation service offers pretty much every need that the residents have. My father's health started to decline over a few months, and we eventually decided to move my parents to an assisted living community. We instantly missed everything about Willow Creek, and unfortunately, within 48 hours of moving, my father passed away. My mom decided to move back to Willow Creek, and she was welcomed with open arms. It's now several months later, and my mom has formed lifelong bonds with other residents, participates in outings with a wonderful activity director, and now calls Willow Creek home."



*~ David Block (Willow Creek - Chesapeake, VA)*



## Resident Travel Program

Retirement at Hawthorn Senior Living gives you the freedom to live life to the fullest. It's about seeing new places, meeting new friends, and creating experiences and moments that you'll cherish forever. This is what our Resident Travel Program is all about.

We strive to give you everything you need to feel happy and comfortable in your home, but we also realize there is more to life than staying in one place. If you want to get out and explore new places or visit family across the country, our Resident Travel Program gives you that opportunity. With over 70 communities across the United States, you can have all the comforts of home while enjoying the pleasures of a vacation.

As a resident of a Hawthorn community, you are eligible to stay up to seven nights per visit, based on availability, per community in a comfortable guest suite at any of our communities. Your stay includes all your meals and you'll be able to participate in enrichment programs and activities just like you would at home – all at no additional cost.

You still have so much to experience, so enjoy life and live well at Hawthorn Senior Living through our Resident Travel Program!





## Communities with Guest Suites:

### ARIZONA

Goodyear: Estrella Estates  
 Green Valley:  
 The Peaks at Santa Rita  
 Sierra Vista:  
 Mountain View Gardens

### CALIFORNIA

El Dorado Hills: El Dorado Estates  
 Glendale: Scholl Canyon Estates  
 Granite Bay: Sequoia Grove  
 La Quinta: The Palms at La Quinta  
 Rancho Cordova: Bear Hollow Estates\*

### COLORADO

Colorado Springs: Summit Glen

### FLORIDA

Bradenton: Cypress Springs  
 Clermont: Orchard Heights  
 Oxford: Steeplechase, The Carriage House  
 Spring Hill: Salishan  
 Tallahassee: Mulligan Park  
 Valrico: Osprey Heights  
 Winter Springs: The Savoy

### GEORGIA

Alpharetta: Cottonwood Estates  
 Johns Creek: Ashwood Meadows  
 Lawrenceville: Linwood Estates  
 Roswell: Sanford Estates

### IDAHO

Boise: Salmon Creek

### INDIANA

Fishers: Northridge

### KANSAS

Lawrence: Meadowlark Estates

### MAINE

Portland: Ashton Gardens

### MARYLAND

Silver Spring: Wilshire Estates

### MASSACHUSETTS

Beverly: Colonial Gardens  
 Franklin: Magnolia Heights  
 Hopkinton: Fairview Estates  
 Maynard: Camellia Gardens  
 North Billerica: Kennedy Meadows  
 Tewksbury: Heatherwood  
 Westborough: The Highlands

### NEW JERSEY

Marlton: Marlton Gardens

### NEW MEXICO

Albuquerque: Paloma Landing  
 Rio Rancho: The Rio Grande

### NORTH CAROLINA

Asheville: Bella Vista  
 Cary: Stoneridge, Jordan Oaks  
 Chapel Hill: Azalea Estates  
 Charlotte: Providence Meadows, Shads Landing  
 Davidson: Williams Place  
 Greensboro: Carolina Estates  
 Raleigh: Whispering Pines  
 Salisbury: Oak Park Retirement  
 Southern Pines: Southern Pines  
 Wake Forest: The Lodge at Wake Forest  
 Wilmington: The Woods at Holly Tree

### SOUTH CAROLINA

Summerville: Summerville Estates

### OHIO

Mentor: Parker Place

### OREGON

Corvallis: Stoneybrook Lodge  
 Gladstone: Somerset Lodge  
 Happy Valley: Glenmoore  
 Portland: Parkrose Chateau

### PENNSYLVANIA

Bethlehem: Sterling Heights  
 Glen Mills: Ivy Creek  
 Lansdale: Hudson Estates

### TENNESSEE

Collierville: Sycamore Ridge

### TEXAS

Allen: Alexis Estates  
 Cedar Park: Maple Ridge  
 Georgetown: The Oaks  
 McKinney: Pioneer Ridge  
 Rockwall: Liberty Heights

### UTAH:

Logan: Pioneer Valley Lodge  
 Murray: Olympus Ranch

### VIRGINIA

Bristow: Capitol Ridge  
 Chesapeake: Willow Creek  
 Leesburg: Hessler Heights  
 Midlothian: Chesterfield Heights  
 Woodbridge: Belmont Gardens\*  
 Yorktown: Colonial Harbor

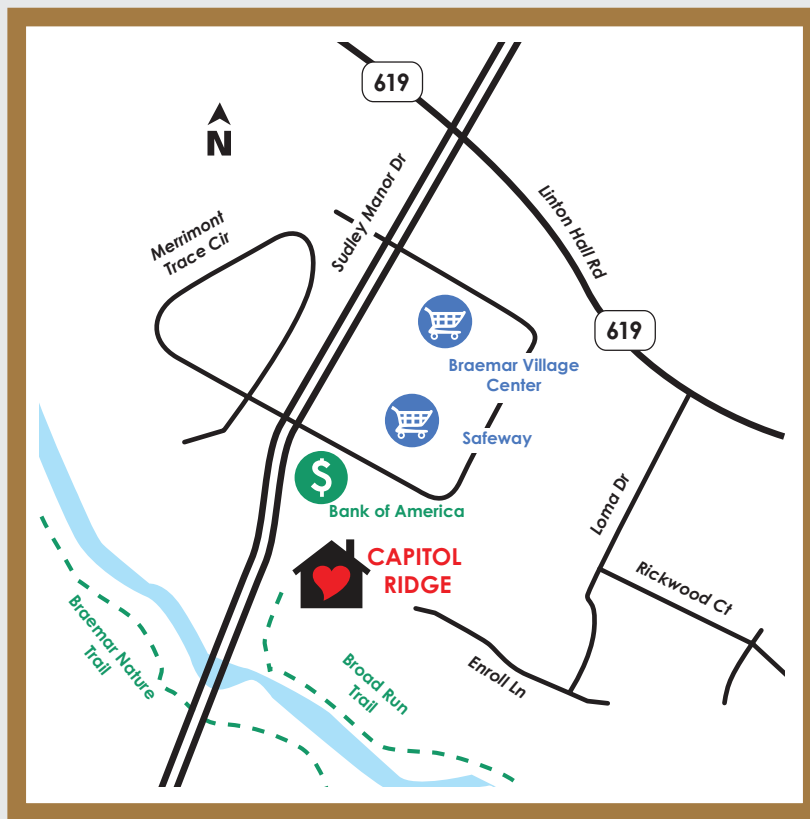
### WASHINGTON

Kennewick: Riverwalk Estates  
 Puyallup: Julian Estates  
 Vancouver: Springwood Landing

\*Community Opening Soon

Based on availability

# *Retire Graciously*



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