



Rockwood
SOUTH HILL



Life at Rockwood SouthHill

A Life Plan Community

What's so unique about a Life Plan Community is that you can plan ahead while living for today.

We all enter the retirement conversation with our own perception of what retirement communities are like. Rockwood is not like most retirement communities. In fact, we're more like a college campus or a small village, tucked away on 90 wooded acres located on Spokane's beautiful South Hill. Our gated community features charming, tree-lined neighborhoods, maintenance-free homes and duplexes, and luxurious apartments for those looking to enjoy an active lifestyle. At Rockwood, you will have the ability to do the things you love or have always wanted to do, and will have the comfort and security of knowing you are in a Life Plan Community (formerly known as a Continuing Care Retirement Community). As a resident of a Life Plan Community, you are provided various levels of care so that life transitions can happen in a place where you feel truly at home.

Lifestyle Options

- Independent Living
- Assisted Living
- Memory Care
- Skilled Nursing



A Place Where You Can Thrive



Culinary Experiences

A delicious beginning to retirement

Rockwood South Hill is home to three restaurants, an espresso café, and a bar and lounge that are able to easily satisfy your palate and dietary needs. With vegetarian, dairy-free and gluten-free dining options, Rockwood's restaurants offer convenient, gourmet dining experiences that provide residents with fresh food that is made to order. Whether you're in the mood for local wine, an Americano, Prosciutto Chicken, Coconut Curry Prawns, or a home-made Lemon Cream Cheese Danish, our restaurants guarantee you a diverse array of culinary experiences.

Arts and Culture

Cultivating imagination and learning

At Rockwood, we want to encourage lifelong vitality and lives of creative pursuit. Every week there are opportunities to attend art classes, participate in writing groups, or watch documentaries and films. We offer group outings to venues such as the Fox Theatre, the Spokane Symphony, and the INB Performing Arts Center so that residents can enjoy choral performances, concerts, plays and musicals.

Fitness and Wellness

Fitness for the mind, body and soul

Rockwood cares about each resident's health and well-being, which is why our fitness centers offer an exceptional variety of classes and equipment for strength training and aerobic exercise. Residents can also engage their minds by participating in activities and clubs and taking courses that are a part of our program for continuing education. As a faith-based retirement community, Rockwood also provides opportunities for spiritual growth. Non-denominational services and Bible studies are held each week, and the staff chaplain is available to support each resident's spiritual journey through personal counsel and thoughtful discussion.



Begin a New Adventure



Rockwood's commitment to holistic wellness is evidenced by our innovative LiveWell Program. The LiveWell Program motivates residents and staff to have fun and be creative in the pursuit of wellness. The program is based on the following seven components:

- Entertainment and Fun
- Financial Well-Being
- Healthy Body and Mind
- Lifelong Learning
- Safe Life Practices
- Social Connections
- Spirituality and Mindfulness

As a result of the LiveWell Program, Rockwood residents are often inspired to try new things and become more involved in community activities.

Retirement generally means having an average of 7-8 hours of free time each day. Retirees often liken retirement to a second childhood, because they reclaim their time and freedom to have fun. At Rockwood, we want you to be able to make the most of these hours.



16 Things You Will Enjoy at Rockwood South Hill:

- Intergenerational Programs
- TED Talks
- Worship Services
- Music Performances
- Drawing Workshops
- Writers Group
- Book Discussions
- Concert and Theater Outings
- Movie Showings
- Mystery Trips
- Wine Tastings
- Yoga and Meditation
- Water Aerobics
- Tai Chi
- Bridge and Mahjong
- Cribbage



Lifestyle Options

It's time to see things anew. It's time to live for today and time to take charge of how you will live tomorrow. The journey begins with the place you call home.



Extraordinary retirement living

Whether you are interested in an apartment with a stunning view or a manicured home in a forested neighborhood, the perfect living environment awaits you at Rockwood South Hill. Our campus is just minutes from cultural events, great shopping, scenic parks, and everything else the beautiful Inland Northwest has to offer.

Your home, your style

It takes something special to make the place you live feel like home. That's why it's important that you have the tools available to create a home that is uniquely yours. Our Design Center will help inspire you with a selection of interior finish options and our Design Manager will make sure your vision comes to life.

Living here

When you're a part of Rockwood's community, you can take the time to watch quail scampering across your patio, savor espresso while reading the morning paper, or sink a few balls on the putting green. As you stroll along Rockwood South Hill's curving sidewalks, you may find yourself sharing a laugh with your neighbor, under the shade of tall pine trees. It's the start of another day at Rockwood South Hill. From start to finish, this day is yours.



Homes & Duplexes

Forest Estates

A Maintenance-Free Neighborhood

The Forest Estates is a neighborhood in the truest sense. With 165 homes and duplexes situated on meandering, tree-lined streets, the Forest Estates is a beautiful place to live. Many of the homes have private backyards that are adjacent to protected wetlands. It is common to see wild turkeys, deer, pheasants and even the occasional moose roaming the Forest Estates. Rockwood's gardeners keep the lawns and gardens spectacular year round. Homes range in size from 1,100 to 4,200 square feet and are designed to fit the needs and desires of each new resident.

Residents enjoy relaxing on their patios, puttering at the workbench or in the garden, taking walks, volunteering, playing bridge, and so much more. Rockwood provides home maintenance and security so residents can use their valuable time for more enjoyable activities. Our spacious grounds unfold over 90 acres of pine, aspen and maple trees. The Community Center is the hub of the neighborhood and a great place for spontaneous gatherings or organized events. Residents can also catch up with each other while exercising in the pool or fitness areas.



"Rockwood offered us the opportunity to have our own home without all the maintenance concerns. The great list of activities, civic involvement, and great energy of the community all make it very positive."

– Martha



Forest Estates Amenities

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| <ul style="list-style-type: none">• Homes from 1,100 to 4,200 sq. feet in size• Water, sewer and garbage included• 24-hour on-site maintenance and security | <ul style="list-style-type: none">• Major appliances furnished and maintained• Landscaping and lawn care• Snow removal | <ul style="list-style-type: none">• Exterior maintenance for home, sidewalks and common areas• Maintenance for general repairs• Home security system | <ul style="list-style-type: none">• Scheduled transportation for shopping, cultural events and medical appointments• Catering services available• Housekeeping services available | <ul style="list-style-type: none">• 24-hour nursing support• Extensive activity & events calendar |
|---|--|--|---|--|

Apartments



The Ridge

Traditional Apartment Living

The Ridge is Rockwood's seven-story apartment tower. Our tastefully-designed apartments have kitchens or kitchenettes and most apartments are equipped with washers and dryers. Ridge apartments range in size up to 1,400 square feet.

The Ridge is known for the exceptional convenience and community it offers residents. At The Ridge, residents enjoy privacy, security, independence and a full calendar of activities, including worship services, transportation to shopping areas and medical appointments, woodshop classes, and multiple dining options.

Regular housekeeping services give residents more time to participate in the many activities offered at The Ridge, or to take the evening off to watch a magnificent sunset or the snow falling on stately pines from your picture windows.



"I knew we would love the living space of our new apartment. I didn't realize that the people at Rockwood would be what makes this home."

-Dana



The Ridge Amenities

- Studio, Alcove, One and Two Bedroom Apartments
- Kitchens or kitchenettes
- 24-hour security
- Emergency pull cords in each apartment
- Lovely restaurants with varied menus
- Scheduled transportation for shopping, cultural events, and medical appointments
- Housekeeping and flat linen service
- Private mail boxes
- Washers and dryers in most apartments
- Move-in coordination services
- Apartment maintenance
- 24-hour nursing support
- Most utilities included
- Catering services available
- Espresso bar in the lobby
- Extensive activity and events calendar





The Summit

Contemporary Retirement Living

The Summit is Rockwood Retirement's newest addition—an 11-story luxury apartment tower which offers residents sweeping views that bring the outdoors into your living space, culinary adventures to suit your palette, and world-class amenities designed to make your experience relaxing and enjoyable.

At Rockwood we understand the most important thing is that your home feels like home, and at The Summit you'll have just that. Centrally located on Rockwood South Hill's 90-acre campus, The Summit is more like a small village, designed to give you an active, independent lifestyle, while alleviating the domestic responsibilities of owning a home. Comprised of luxury apartments with spacious, open floor plans, full kitchens, washers and dryers, and contemporary appliances. The Summit provides you freedom to do the things you love or have always wanted to do, along with the comfort and security of home.

Summit Amenities

- One, two and three bedroom apartments
- Full Kitchens
- 24-hour security
- Emergency pull cords in each apartment
- Scheduled transportation for shopping, cultural events and medical appointments
- Lovely restaurants with varied menus
- Housekeeping and flat linen service
- Private mail boxes
- Washers and dryers
- Move-in coordination services
- Apartment maintenance
- Most utilities included
- 24-hour nursing support
- Catering services available
- Espresso bar in the lobby
- Extensive activity and events calendar
- Balconies



"I don't know how our move to Rockwood could have been any better. It was wonderful."
— Bob and Jan


The Summit
ROCKWOOD SOUTH HILL



Shared Community Amenities



Something for Everyone

Whether you live in The Forest Estates, The Ridge, or The Summit, you will have access to all of Rockwood South Hill's community amenities. Throughout the entire campus you'll enjoy all the unique things—the beautiful architecture, the friendly and attentive staff, the small luxuries—that make Rockwood a special place to live.

While downtown Spokane is just a short drive away, there's a lot to take advantage of right here on our beautiful campus. When you're a resident of Rockwood South Hill, you have access to shared community amenities, such as a free movie theater, an indoor pool, gourmet restaurants, Viva Salon & Spa for pampering, a fitness center, a well-stocked private library, a business center, game parlors, an art studio for drawing and painting classes, a woodworking shop, a community center for enjoying your neighbors, and an Event Center that offers frequent entertainment options each month. There is truly something for everyone at Rockwood South Hill!



"I have been treated very nicely! The staff is excellent."

- Duane



Foundation of Strength

Our History

In the mid-1950s, members of Spokane's Central United Methodist Church began exciting plans for a new kind of retirement community that would celebrate and support an independent lifestyle while providing skilled care if needed. In 1960, with a leap of faith, these pioneers opened The Manor (now renamed The Ridge), a seven-story apartment tower offering an innovative retirement lifestyle. Rockwood has continued to build on the vision of its founders. Rockwood's mission is to promote independence, wellness and lifelong vitality by providing housing and services to seniors.

A commitment to excellence is at the heart of our decision making.

There is also a culture of giving at Rockwood. From its inception, the Rockwood Residents' Foundation has provided financial assistance to residents who, through no fault of their own, have depleted their resources. The Foundation also funds a variety of amenities and events for the community.

As a mission-driven, not-for-profit organization, Rockwood is governed by a 15-member Board of Trustees who set policies and maintain our mission. The Board is comprised of Rockwood Retirement Communities residents and Spokane area residents who bring a wide range of professional expertise, community involvement and leadership.



Seeing is believing

Give us a call
509.536.6850
800.727.6650



Rockwood

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2903 E. 25th Ave. Spokane, WA 99223
509-536-6650

www.rockwoodretirement.org

