

The Woodlands

Amenities & Services



Our assisted living amenities include:

- Private apartment in the size of your choice (studio, deluxe studio, and one- and two-bedroom)
- Kitchenette with refrigerator/freezer, microwave oven, stainless steel sink, oak cabinets and lighted counter space
- Large bathroom with walk-in shower, hand-held shower spray and grab bars
- Two on-site spas with private, accessible whirlpool bathtubs
- On-site Fitness Center and Wellness Center, with doctors specializing in adult health care
- On-site library with fireplace and comfortable lounges on each floor
- Scheduled transportation service to local shopping centers, entertainment events and religious services

Our services include:

- Restaurant quality dining for breakfast, lunch and dinner, featuring seasonal favorites made with fresh ingredients, created from scratch and alive with flavor and nutrition
- Individualized Personal Wellness Plan designed with an on-site Wellness Coordinator, which may include assistance with a shower or spa bath twice a week

- Scheduled non-medical assistance during the day up to ½ hour
- 24-hour call pendant to access on-site staff immediately in an emergency
- Housekeeping service to include light daily housekeeping and weekly apartment cleaning
- Laundry service weekly to include one load of personal and one load of linen and towels
- Satellite TV service
- Access to banking services
- All utilities except telephone service
- On-site Life Enrichment programs

Also available for an additional fee:

- Variety of flexible assistance service plans which cover medication assistance, personal care and Connections planned social interaction
- Telephone service and calls
- On-site hair salon services
- Off-site social, educational and recreational activities and programs
- Podiatry, dental, audiology and vision services
- Additional laundry service

Cantata Adult Life Services is an ensemble of interrelated, life-enhancing services delivered in concert by a staff of specialists in the promise and possibilities of life after 55.

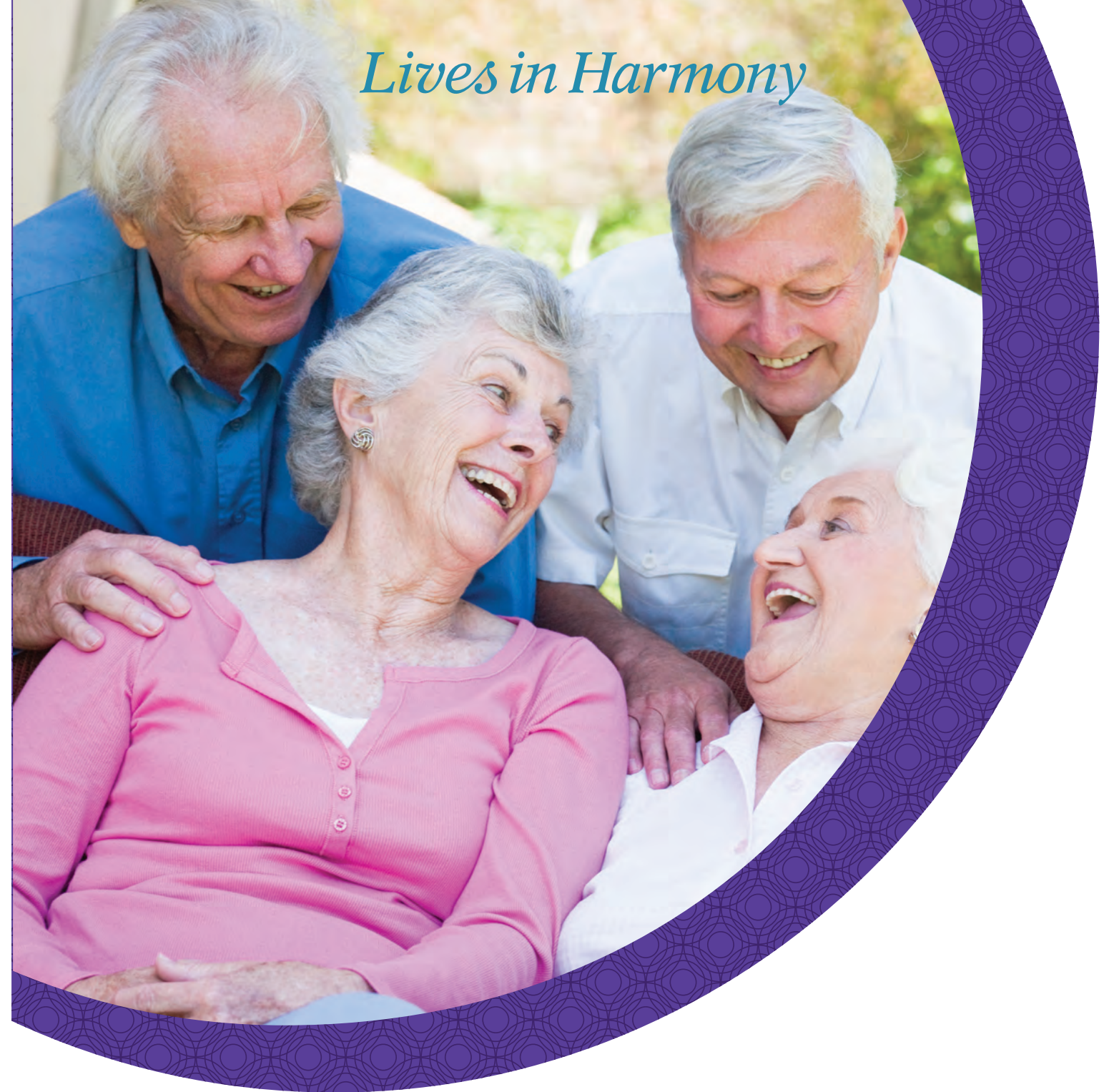
- Fitness & Wellness
- At Home Care & Handymen
- Independent & Assisted Living
- Rehabilitation & Therapy
- Lifelong Learning



Cantata Adult Life Services
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Lives in Harmony



A Unique Perspective on Assisted Living.

The Woodlands





Here, you'll have your choice of a tasteful, secure, private apartment with a view overlooking our beautiful wooded campus to appoint with your personal belongings.

Within this setting, you'll receive customized support to help you live your best life.

We offer an abundance of amenities for your comfort and convenience. And you'll enjoy the camaraderie of getting together with fellow residents at meal times, in our bright and sunny common areas and during activities offered daily.

Here you—and your family—can be assured that whatever help you need is at hand, from full dining services, housekeeping, laundry and an active social calendar. If you need personal or medication reminders, assistance with daily personal care such as dressing and bathing, or even a friendly escort to the dining room, you'll find this and more available at The Woodlands.



Enjoy security, ease and the company of others at The Woodlands.

Our stellar staff is devoted to your comfort and peace of mind.

Our well-trained, highly qualified Woodlands staff, like everyone in the Cantata family, works together as a caring, supportive team, putting respect for your comfort and privacy first. Every day, you'll experience Cantata's warm sense of community and common purpose that everyone shares. We're all about making sure you're able to live your best life, every day.

We can make the connections you need.

We offer a Connections Plan for those who can benefit from highly specific programming throughout the day to stay engaged with others and the world around them. A Dedicated Resident Assistant will coordinate a variety of shorter, more frequent social programs designed for those with moderate dementia—emphasizing more frequent cognitive, social and physical stimulation.

"Our focus here is on seeing and respecting the individuality of every person, nurturing social connections while retaining as much independence as possible for each resident. Families find assurance here that their loved one is able to find enjoyment and comfort every day—truly living their best life."

- Alice Franks,
Woodlands Manager

You come to the Woodlands with your own unique needs, wishes and interests. We begin with this understanding, and do all we can to meet your needs while respecting the unique individual you are.

