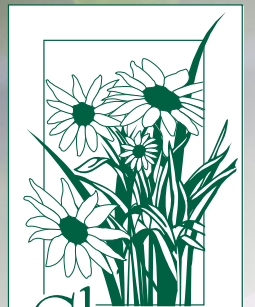


THE GLEN AT HILAND MEADOWS

Discover the beauty of peace of mind
With the very best in Independent Living and Enriched Housing



The Glen at
Hiland Meadows

Welcome to The Glen at Hiland Meadows.

*Congratulations on
taking the next step
towards your future!*



We hope you find the enclosed materials a valuable reminder of all the benefits of life at The Glen and why it's a beautiful place for you and your loved ones to explore. It is a pleasure to introduce you to our exceptional community and help you discover the peace of mind that comes with all The Glen has to offer.

As you review the information, please let us know if you have any questions or, call to schedule a visit to learn more.

www.GlenHiland.com | 518-832-7800



The Glen at Hiland Meadows Lifestyle



There's life. And then there's LIFE at The Glen.

At The Glen, you'll find our priority is YOU: physically, emotionally, intellectually, and culturally. Maintenance-free residences give you the time to engage in the activities you enjoy. Social opportunities encourage friendship and meaningful relationships with neighbors and staff. Continuing education classes keep you learning and growing in ways you never imagined. And, variety adds more spice to life- with chef-prepared meals to satisfy your culinary tastes and ample opportunities to stay fit, challenged, well and strong. Plus, Enriched Housing on-site provides peace of mind knowing a helping hand is always close by if you need it.

See for yourself, and enjoy a spectacular outlook on the future.

www.GlenHiland.com | 518-832-7800



Independent Living at The Glen at Hiland Meadows

Peace of Mind to Live. Opportunities to Grow.

Ready to trade in your mower and snow shovel for a life of greater fulfillment, convenience and independence? At The Glen, all of our residences are maintenance-free and provide breathtaking views of the Adirondack Mountains and access to a wide variety of life-enriching activities and amenities within the community. Choose from our extensive selection of one and two-bedroom apartment and cottage floor plans, designed with your active lifestyle and quality tastes in mind.



Services:

- 24-hour security and emergency call system
- All utilities included
- Interior and exterior maintenance of residences, grounds, and parking areas – including trash & snow removal
- Housekeeping services plus semi-annual Spring & Fall cleaning
- Regularly scheduled transportation
- Digital cable, local & long distance telephone
- Wireless internet
- Access to our Resident Portal for the latest community news, menus, & events
- Extensive calendar of social, cultural, spiritual, and educational events & activities
- Innovative programming & intellectually-stimulating activities including gaming & brain fitness systems
- Full-time Resident Service Advisor, your liaison for any outside services or resources that you may need
- Religious services

Amenities:

- Various gathering & activities areas throughout
- Fireside lounge with private beverage lockers
- Library with extensive reading selection
- Office Center
- Fitness Center
- Game room with pool table
- On-site storage
- Private meeting rooms
- Guest suites
- Landscaped & manicured grounds
- Indoor & outdoor shuffleboard
- Vegetable and flower gardens with raised beds
- Walking paths
- Gazebo
- Full-service Beauty Salon & Barber Shop
- Country Store with sundries & snacks



Independent Living at The Glen

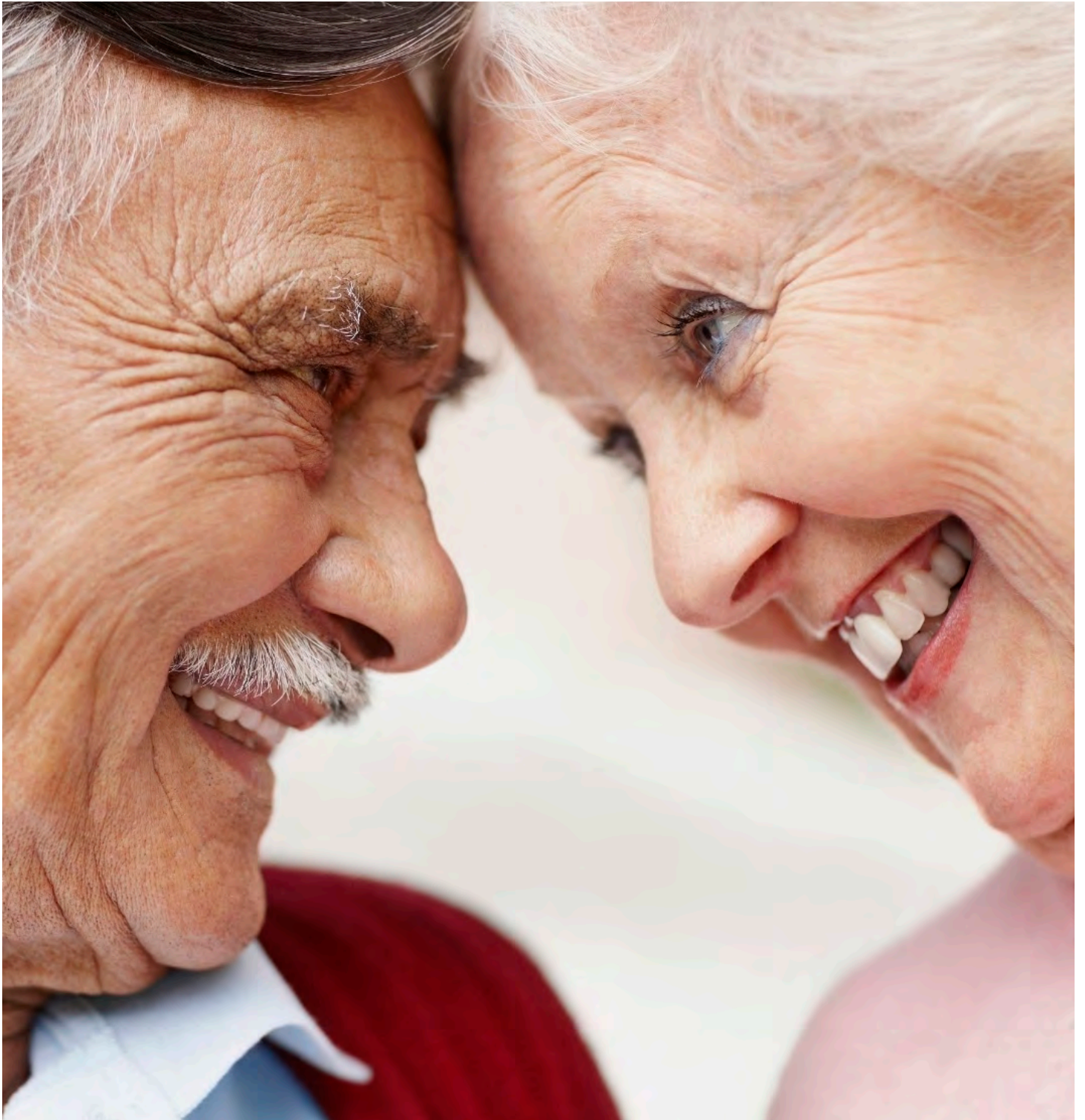
Signature Wellness Program:

- EmpowerU Nutrition & Wellness Connection
- Robust selection of exercise classes
- Nutrition education classes
- Personal fitness counseling & training sessions
- Fitness programs focused on balance/agility, strength, flexibility & cardio endurance
- Wellness Center with fitness equipment to accommodate various skill sets & strength levels

Dining Services

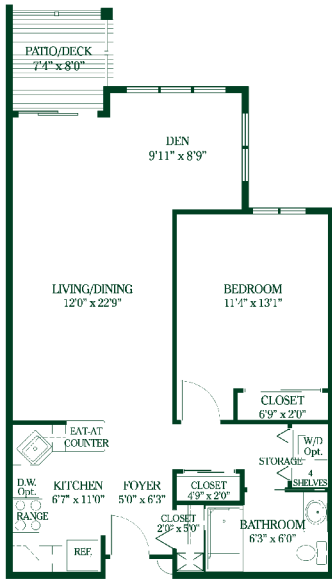
- Chef-prepared meals served in our formal, casual & private dining venues
- Friendly wait staff provide enjoyable dining experiences
- McEchron dining room, serving dinner daily
- Grille Room for lunches & lighter fare
- Outdoor patio dining
- Private dining spaces available for special occasions or group dinners
- Catering & take-out services available
- Themed seasonal menus
- “Hydration Stations” throughout the community
- A commitment to Platinum Service®





Floorplans

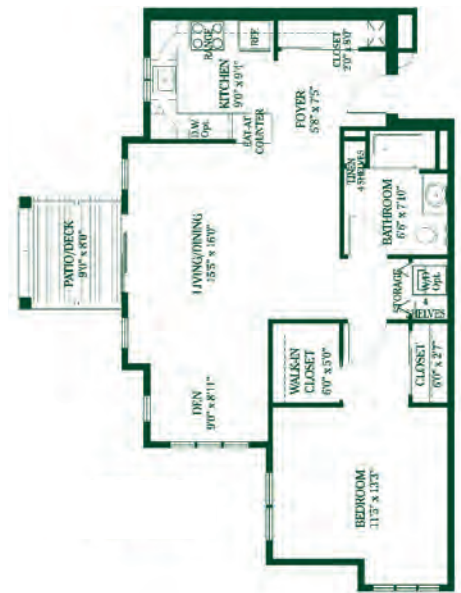
The Glenview - 771 sq. ft.



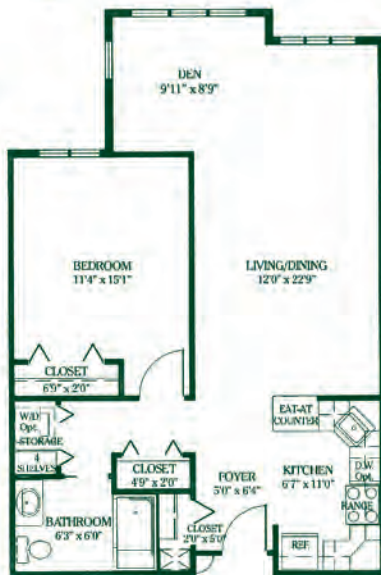
The Glenview II - 822 sq. ft.



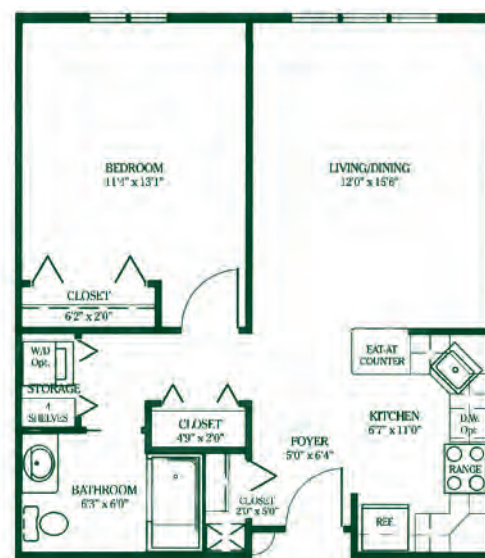
The Southwood - 833 sq. feet



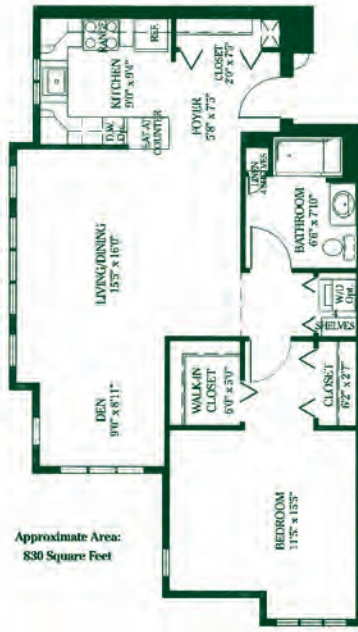
The Longwood - 776 sq. ft.



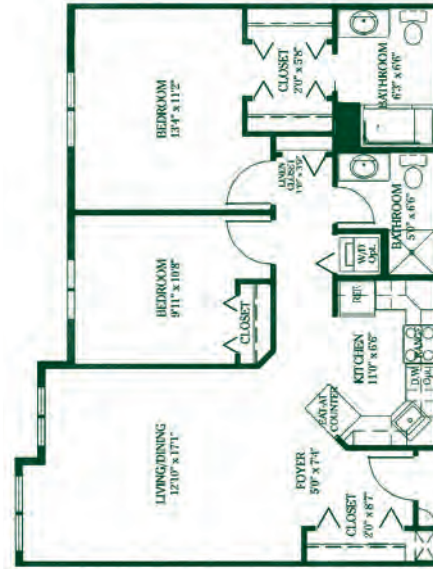
The Pinebrook - 631 sq. ft.



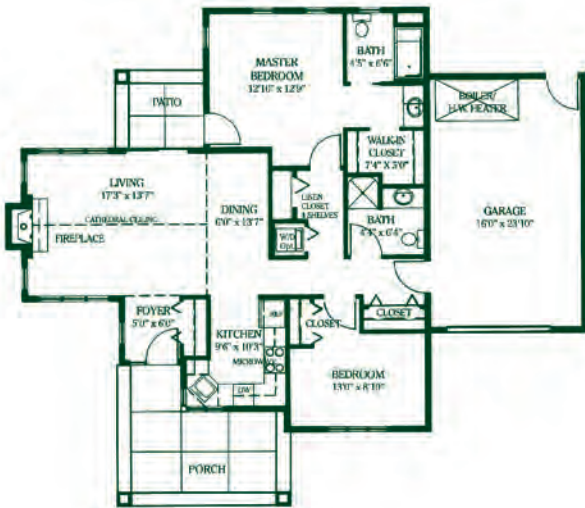
The Fairview - 830 sq. ft.



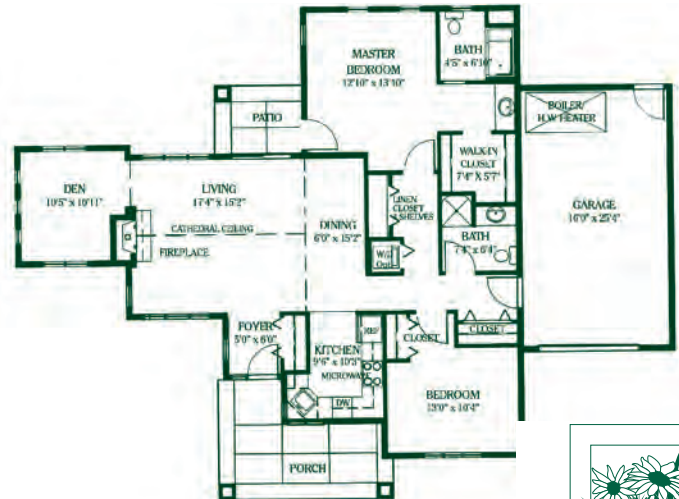
The Woodfield - 915 sq. ft.



Northpoint - Cottage - 1613 sq. ft.



Northpoint II - Deluxe Cottage
1845 sq. ft.



Compare Your Present Living Costs with The Glen at Hiland Meadows

	Your Current Monthly Expenses	Monthly Service Fee
Monthly Mortgage or Rent	\$ _____	\$ _____
Building Insurance	_____	Included
Property Tax	_____	Included
Heat	_____	Included
Electricity	_____	Included
Sewer and Water Fees	_____	Included
Recycling/ Refuse Removal	_____	Included
Snow Removal/Yard Care	_____	Included
Scheduled Housekeeping	_____	Included
Home Maintenance	_____	Included
24-hour Security Services	_____	Included
Transportation/Gas	_____	Included
Local & Long Distance Telephone	_____	Included
Cable TV	_____	Included
Wireless Internet	_____	Included
Grocery/Dining Out	_____	Included
Wellness Program	_____	Included
Parking	_____	Included
Office Center (Copier, fax, shredder)*	_____	Included*
Social & Cultural Events	_____	Included
Totals	\$ _____	\$ _____

*Some services subject to charge



The Terrace at The Glen

Comfort in a Helping Hand.

Sometimes you need a little help with things people often take for granted. At The Glen, we call this Enriched Housing – additional support with TLC – and in Queensbury, no one provides it better than The Terrace at The Glen. From help with bathing, dressing and medication assistance to around-the-clock support, The Terrace offers you the assurance of personalized care in a warm, friendly atmosphere designed to meet your changing needs.



The Terrace at The Glen



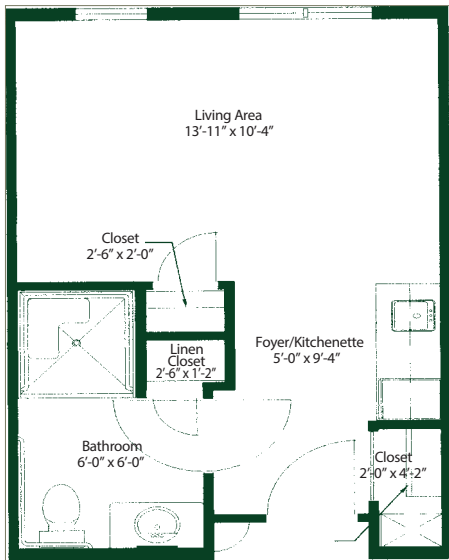
Services & Amenities:

- Three chef-prepared meals served daily
- Assistance with daily activities, such as bathing & dressing
- Medication Assistance
- 24-hour security & emergency call system
- Regular health & wellness assessments; case management
- Access to our Resident Service Advisor
- Licensed nursing staff & resident care assistants
- Resident safety checks, bed-making & trash removal daily
- Scheduled transportation (companion services available)
- Social activities, cultural, recreational & educational programs
- Exercise & wellness programs
- Housekeeping & laundry services weekly
- Residence & grounds maintenance
- All utilities included
- Digital cable, local & long distance telephone, & wireless internet
- Psychological & podiatry services available on-site
- Physical & occupational therapy services available on-site
- Attractively designed private studios & one-bedroom residences
- Beautifully landscaped grounds & courtyards with raised garden beds
- Tastefully decorated dining room, activities centers, common areas, library & living areas
- Country Store for light snacks & sundries*
- Full service beauty salon & barber shop*
- Religious services*

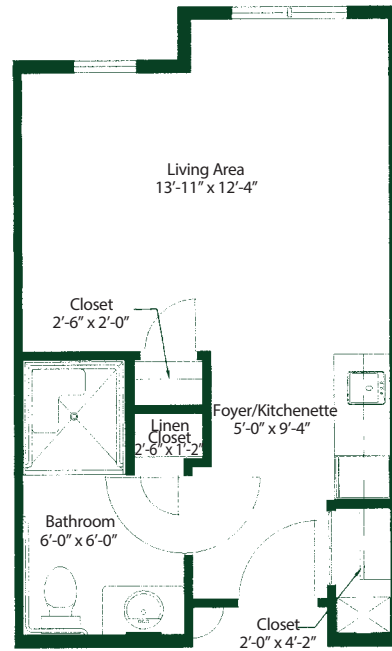
*Shared with The Glen at Hiland Meadows Independent Living.

Floorplans

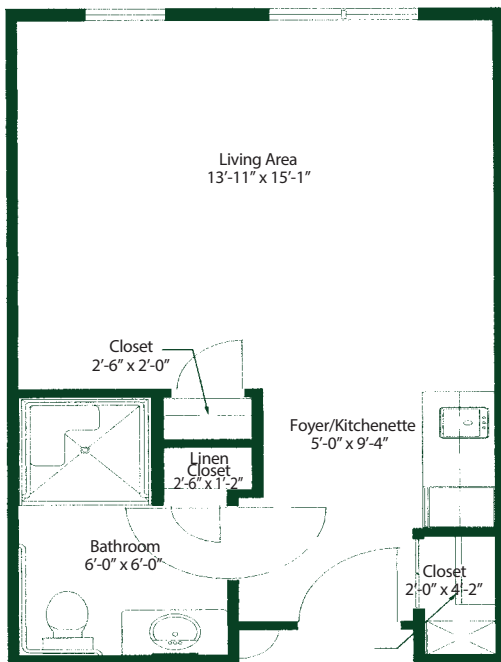
Style E



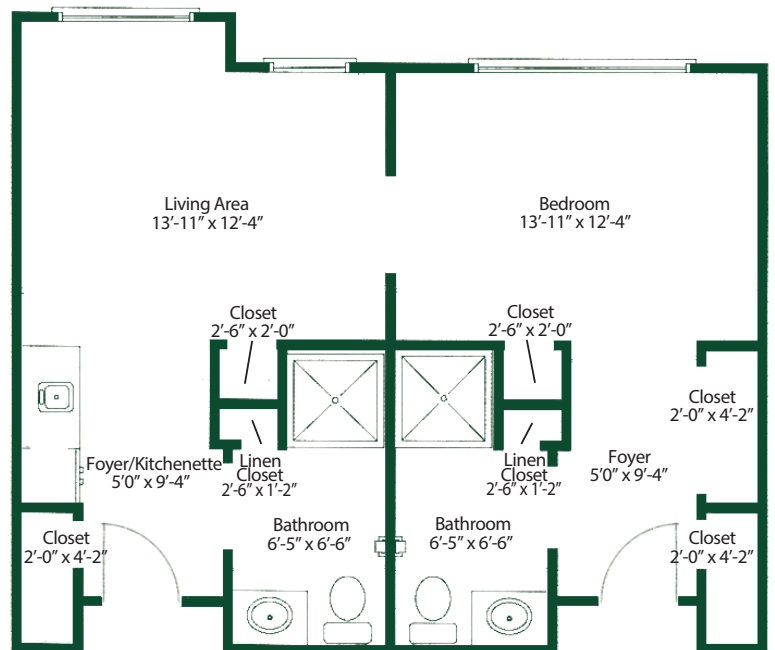
Style F



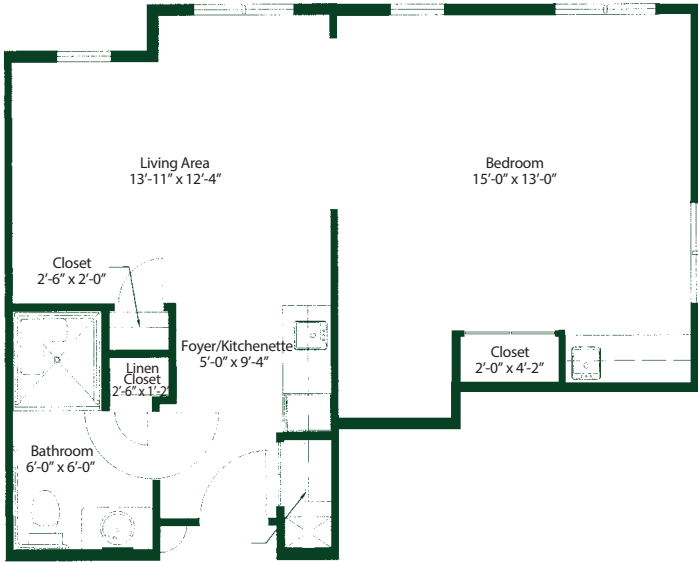
Style G



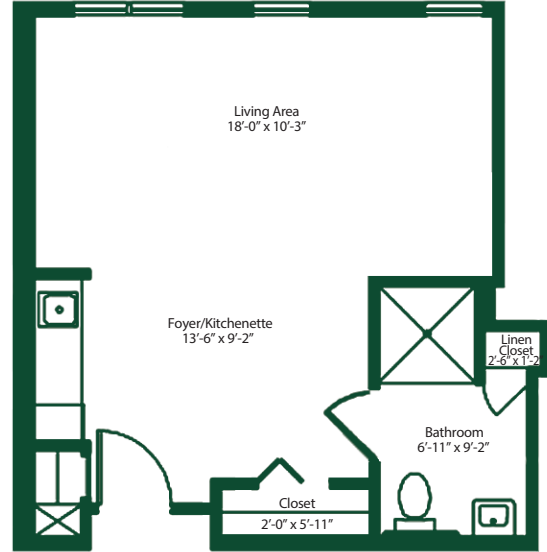
Style H



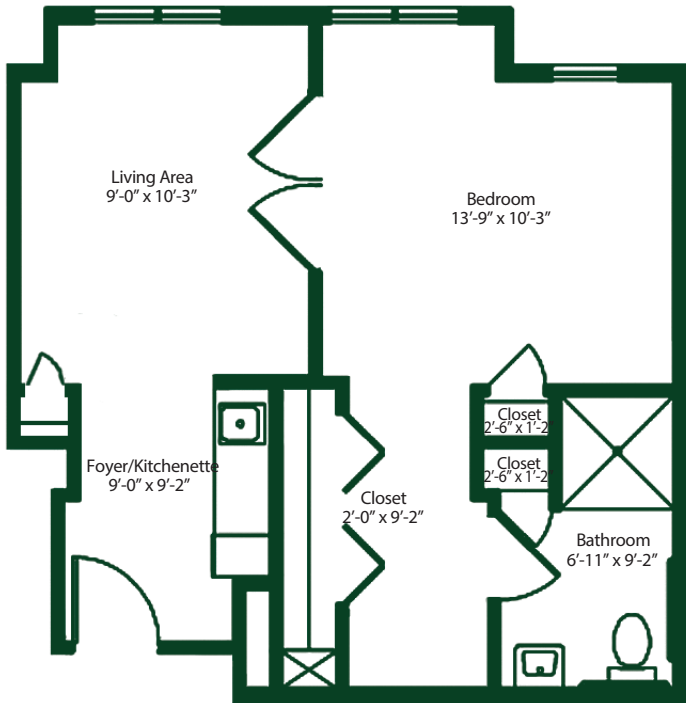
Style I



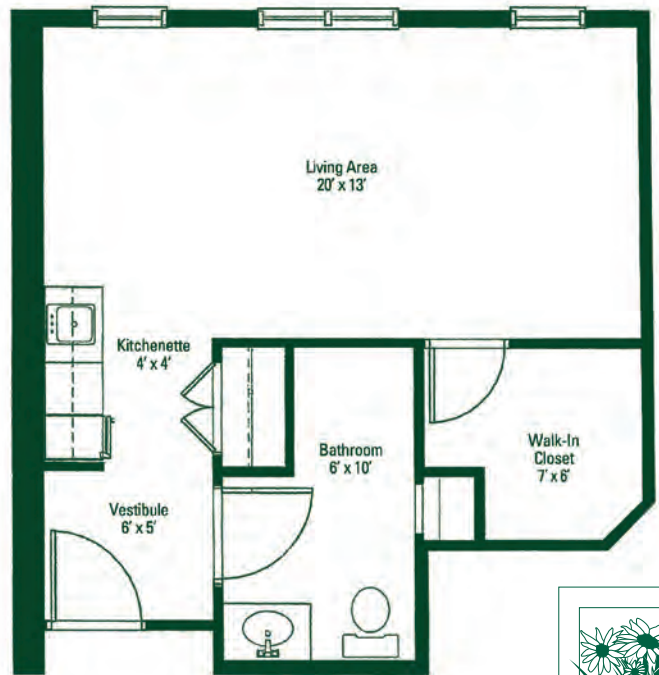
Style J



Style K



Style L



Compare Your Present Living Costs with The Terrace Enriched Housing

	Your Current Monthly Expenses	Monthly Service Fee
Monthly Mortgage or Rent	\$ _____	\$ _____
Building Insurance	_____	Included
Property Tax	_____	Included
Heat	_____	Included
Electricity	_____	Included
Sewer and Water Fees	_____	Included
Recycling/ Refuse Removal	_____	Included
Snow Removal/Yard Care	_____	Included
Scheduled Housekeeping	_____	Included
Home Maintenance	_____	Included
24-hour Security Services	_____	Included
Transportation/Gas	_____	Included
Local & Long Distance Telephone Service	_____	Included
Cable TV	_____	Included
Wireless Internet	_____	Included
Grocery/Dining Out	_____	Included
Wellness Center	_____	Included
Emergency Call System	_____	Included
Medication Assistance	_____	Included
In-Home Care	_____	Included
On-site Parking	_____	Included
Social & Cultural Events/Entertainment *	_____	Included*
Totals	\$ _____	\$ _____

*Some events may require an additional charge

