

 the arbors
at spring lake



550 Warren Avenue
Spring Lake Heights, New Jersey 07762

What Makes The Arbors Special



Established in 1982, The Arbors is a one-of-a-kind senior residence owned and operated for three generations by the Murray Family.



Our Mission

The Murray Family is committed to our mother's vision:

Providing a warm, welcoming home for independent seniors, guided by the values of kindness, respect and integrity. Our dedicated staff is committed to fostering a supportive community where residents can thrive.

We Have No Entry Fee, No Community Fee, No Buy In

Whatever the name, we don't charge it. Your \$250 deposit reserves your room and is applied to your first month's rent. A fully refundable security deposit equal to one and a half month's rent is also required.



Location, Location, Location!

The Arbors is located on 3 beautifully landscaped acres in the heart of the Jersey Shore. It's conveniently close to parks, the town center, churches, the boardwalk and the beach. All are within walking distance.



The Arbors Monthly Fee Includes

- ❖ Spacious Room and Private Bath (Suites Available)
- ❖ Individually-Controlled Heating and Air Conditioning
- ❖ Wall-to-Wall Carpeting, Furnishings, Custom Draperies and Bedspreads
- ❖ Bed and Bath Linens Provided and Laundered Regularly
- ❖ Daily Housekeeping Services
- ❖ 3 Delicious Meals Served Daily in our Dining Room
- ❖ Wide Variety of Menu Offerings
- ❖ Two chefs with extensive experience and creativity
- ❖ Use of All Common Areas
 - Tastefully Appointed Lounge/Fireplace
 - Quiet Alcoves
 - Card Room and Snack Kitchen
 - On-Site Parking
- ❖ Clean Air Mitigation: Germicidal UVC and HRV Systems in Dining Room and Common Areas
- ❖ Transportation on a Scheduled Basis to Doctors, Nearby Shopping Malls and Local Spring Lake Boardwalk
- ❖ Numerous and Varied Activities
 - Religious Services
 - Professional Entertainment
 - Yoga and Aerobic Exercise for Seniors
 - Bingo, Cards, Trivia, Games
 - Art Class
 - Local Theater and Movies



Additional Information

- ❖ Our office is staffed 24 hours a day for your peace of mind.
- ❖ A nurse oversees the general well-being of our residents with private appointments.
- ❖ The Arbors is licensed by the State of New Jersey to monitor medications.
- ❖ Guests may choose to use their own bedroom furniture, or ours at no extra cost.
- ❖ A storage area is provided for luggage, seasonal clothing.
- ❖ A residents' Beauty Parlor/Barber Shop is on the premises. Appointments may be scheduled.



- ❖ The Arbors is a smoke-free building.
- ❖ While we encourage independence, our long-term goal is to have a resident stay in place with assistance, when needed. Personal assistance for bathing, dressing, etc. is available through the office.

Visit us at www.springlakearbors.com



Frequently Asked Questions

Q: *I am anxious about tipping. Do you have a policy concerning this?*

A: There is no tipping at The Arbors. We welcome a contribution which is distributed among all employees in December.

Q: *Eventually I may need some personal assistance with bathing and other tasks. Can The Arbors accommodate this?*

A: Yes. We can arrange personal care for a nominal fee. Typically, this is with a person of your choice, at the time of your choosing and for the length of time you require.

Q: *Sometimes I am overwhelmed by the responsibility of my medications. Could you handle this for me?*

A: Yes. The Arbors is licensed to supervise medications. A monthly fee is charged for this additional service.

Q: *If I give up my car, is there transportation available?*

A: The Arbors provides complimentary car service to shopping, local malls and doctor appointments. Parking is available on site should you bring your car.

Q: *Are there any "extras" for which I will be financially responsible?*

A: Yes. Telephone service is a requirement. Cable TV and WiFi is optional. All rooms are equipped with a phone jack and cable outlet. Arrangements for these services are a personal matter.

Q: *I would enjoy having family and friends as my guests for meals occasionally. Since your dining room is not public, may I do this?*

A: Yes. Guests are welcome at all meals for a modest charge.

Q: *At what time are meals served?*

A: Coffee service begins at 7:15am. Breakfast is served at 8:30am. Lunch is served at 12:30pm. Dinner is at 5:00pm.

Q: *What about security?*

A: Front and back doors are secured. There is someone either in the office, or walking the building 24 hours a day.

Q: *I understand that bedroom and bathroom linens are supplied and laundered by The Arbors. What about my personal items?*

A: We have a Residents' Laundry for your use. Should you not wish to do your own personal laundry, the office can make arrangements for this service.

Q: *What social opportunities are available for me? How will I meet people?*

A: We have daily and monthly calendars to inform residents of happenings such as exercise classes, entertainment, activities and games. There are also quiet alcoves for people to read, relax and do puzzles. The Arbors coordinates trips to restaurants, shopping and the boardwalk. Family-wide gatherings are held to celebrate special holidays.



550 Warren Avenue
Spring Lake Heights, New Jersey 07762
732.449.4444 • Fax 732.449.0144
info@springlakearbors.com

Visit us at springlakearbors.com