



Christwood  
**GROW FORWARD**







Welcome to your next journey. Along the way, we **hope** it brings **joy** and **friendship**, meaning and **inspiration** in ways that enrich and touch those around you. Step out of your comfort zone. **Breathe**. Enjoy something new. Do everything you've always loved but perhaps lost sight of. Most of all, grab *life* head-on and **grow forward**. This is just the beginning. Welcome to **Christwood**.

We hope you'll join us soon.



**LIVE BOLD,  
AGE BETTER**



# The Best-Kept Secret on the Northshore.

At Christwood, retirement is anything but ordinary. This is a place where life expands — socially, creatively, and joyfully, while staying stronger for longer. Here, you'll find more than just a beautiful place to live — you'll find purpose and connection that's shared through the camaraderie of enthusiastic people, each with a fascinating story.

Set on 117 lush acres, just minutes from charming downtown Covington, we're proud to be the region's only not-for-profit Life Plan Community. We think you'll find us to be the perfect blend of independence, peace of mind and genuine fun.

So, stop waiting for the "right time" to live life fully. Because those who know how to live, know where to live.





# FREEDOM BY DESIGN





## **WHERE YOU LIVE SHOULD FEEL LIKE YOU**

Independent Living at Christwood is all about freedom, centered around choice, comfort, and flexibility. With 17 unique floor plans, you're sure to find a maintenance-free residence that fits your taste and budget.

Love being near the action? Our spacious Atrium and Premier Apartments offer concierge-style living with easy access to first-rate amenities and spontaneous social gatherings. Prefer a more traditional neighborhood feel? Our cozy cottages — up to 2,000 square feet — offer the privacy of a single-family home.

What truly empowers residents to thrive is the assurance that comes from knowing we will always be here to support you if your health needs ever change.

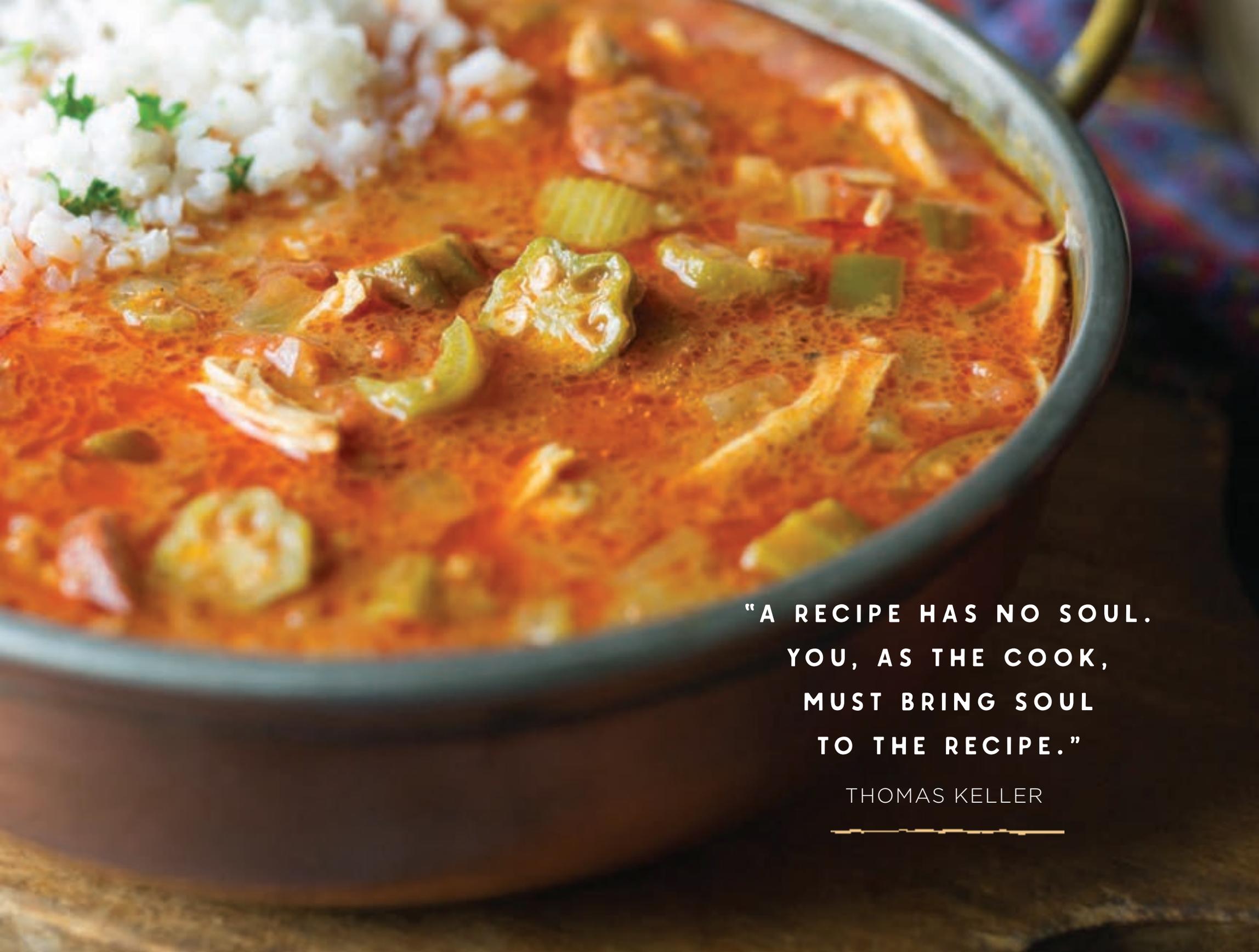
# Seduce Your Senses.

Food is such a joyful part of life, especially when shared with friends and family and served with a warm smile. Our goal is to cater to everyone's tastes and appetites, making the dining experience a highlight of every day.

Whether it's regionally inspired fare or personalized dietary options, our culinary team crafts every made-to-order dish with care using the finest ingredients. Meals here are not only a time to nourish the body, but also a time to discover new tastes, socialize, and enjoy the company of others.

From fun themed dinners to catering for your special occasions, it's all about flavor, flexibility, and feeling at home. And you can choose to dine where you want, when you want, in any of our venues.





**"A RECIPE HAS NO SOUL.  
YOU, AS THE COOK,  
MUST BRING SOUL  
TO THE RECIPE."**

THOMAS KELLER

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**COME  
HUNGRY.  
LEAVE  
SMILING.**

#### **THE HARVEST ROOM**

Whether it's Sunday brunch, a casual lunch, or an elegant dinner, enjoy a full-service, fine dining experience seven days a week. With always-available favorites and chef-crafted daily specials, every dish is made to delight and support your well-being.

#### **THE PATIO PUB**

Grab lunch, dinner, or unwind at happy hour in the Harvest Room Pub — the relaxing spot for good food, great drinks, and even better conversation.

#### **ATRIUM CAFÉ**

Located within the Atrium Gallery Lobby, aside the fireplace lounge, our casual bistro-style cafe serves a tempting menu filled with flavorful sandwiches, fresh soups, salads, and creative daily specials.

#### **FOREVER FIT KITCHEN**

Nestled in the Christwood Community Center, meals are crafted with wellness in mind - helping you nourish your body without sacrificing flavor. Enjoy a quick bite from our selection of entrees and grab-and-go options, perfect for those on the move.



**STILL GOT IT,  
STILL GOING**



# When You Choose Christwood, Life Expands.

**This is where curious minds thrive and active spirits never sit still — unless they want to. Our fascinating residents are thinkers, doers, creators, and explorers who love staying socially engaged while enjoying all the perks of amenity-rich living.**

**Whether it's a rousing game of pickleball, an afternoon art class, an evening with the New Orleans Symphony Orchestra, or a week-long community group trip out west, every day brings a new opportunity to connect, grow, and enjoy life.**

**With a robust calendar of lifelong learning programs, intergenerational opportunities, fitness and wellness classes, cultural excursions and more, you'll always find something new to discover — and someone interesting to share it with.**

**So, bring your heart and your story to this one-of-a-kind community designed for your one-of-a-kind life. The only question is, what will you try next? Ever tried tai chi?**



**"THE BEST I CAN DO  
IS STAY HAPPY!"**

LOUIS ARMSTRONG



**WHAT SETS  
US APART IS  
THE WAY WE  
BRING PEOPLE  
TOGETHER**





Far more than a gym, the Community Center at Christwood is here to help you thrive. This 23,000-square-foot sanctuary is a lively, judgment-free space where wellness meets joy, friendships flourish, and every visit adds something meaningful to your life.

Join a water aerobics class, unwind in the spa, meet new friends over a healthy lunch, take a swing at pickleball, or attend an art opening or concert. This is your space to move, laugh, learn, and live well — with people who get it.

The Community Center is open to the public, with memberships available to those aged 55 and better.



**Community Center**  
at Christwood



## FITNESS THAT FITS YOU

Our state-of-the-art fitness center features Precor treadmills, CyberCycles, and Hoist ROC-IT weights — all in a supportive, setting. Prefer group energy? Join one of our many wellness classes, including yoga and aerobics. It's fitness, your way —at your pace.



## THE NEW PETER CUTT PAVILION & RECREATION CENTER

This exciting new space features two indoor pickleball courts, an HD MultiSport Simulator for golf, hunting, and more. Plus you'll find flexible meeting spaces ideal for gatherings, events, and parties.



### DIVE INTO WELLNESS

Our expansive, heated indoor pool is perfect for low-impact fitness, relaxation, and recovery. Enjoy aquatic classes, lap swims, or personalized therapy sessions led by exercise physiologists —all in a warm, stress-free environment.



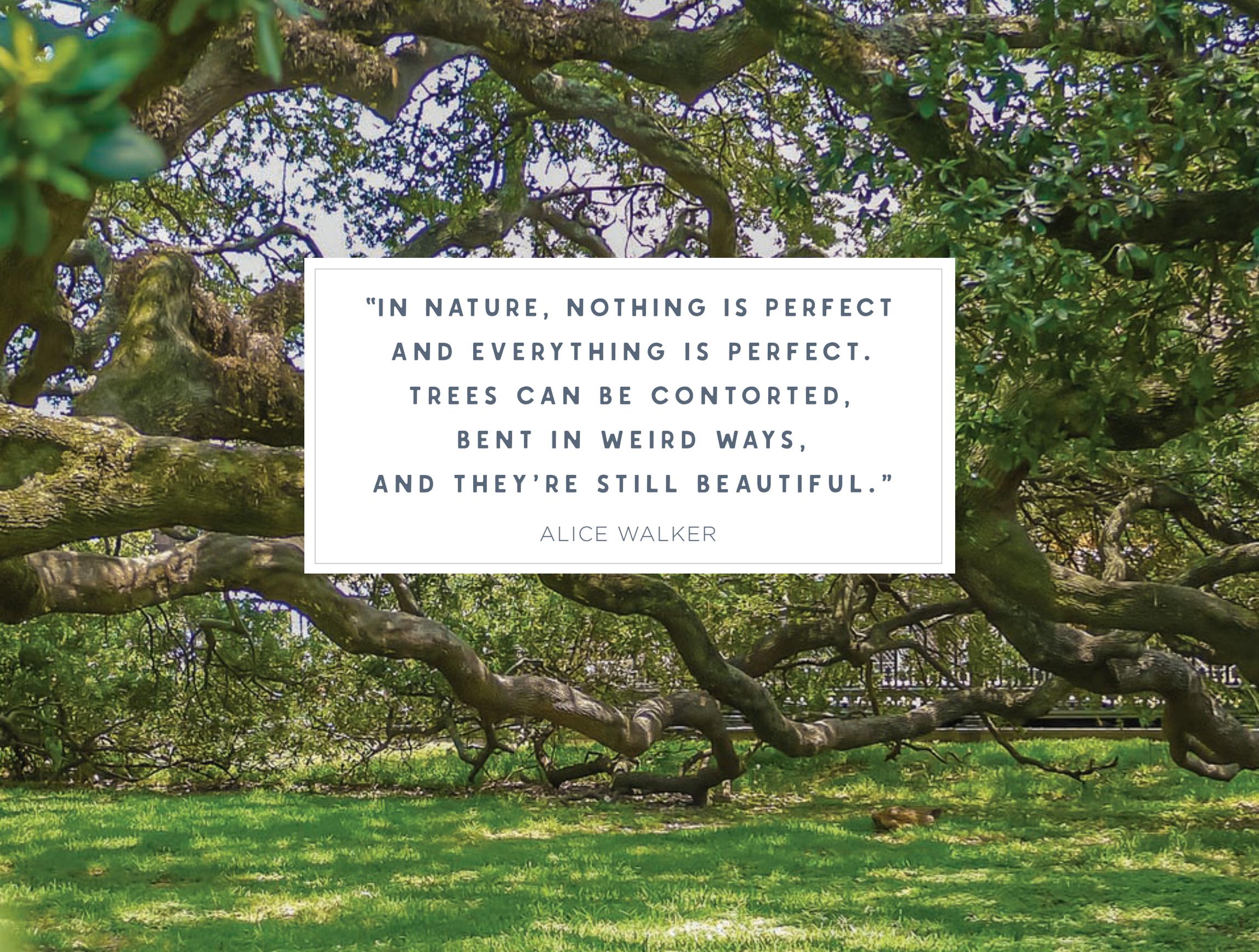
**EAT WELL, FEEL GREAT**  
Fresh, flavorful, and wholesome, enjoy delicious sandwiches, soups, salads and fresh-brewed coffees. Dine in or grab-and-go.



**STEP INTO SERENITY**  
The Lotus Spa is your go-to for total relaxation and self-care. Treat yourself to massages, facials, manicures, pedicures, waxing, revitalizing skincare and expert hair care. Open to the public (18+).







**“IN NATURE, NOTHING IS PERFECT  
AND EVERYTHING IS PERFECT.  
TREES CAN BE CONTORTED,  
BENT IN WEIRD WAYS,  
AND THEY’RE STILL BEAUTIFUL.”**

ALICE WALKER

**LET THE  
OUTDOORS  
WELCOME  
YOU IN**





# A Campus Surrounded by Nature.

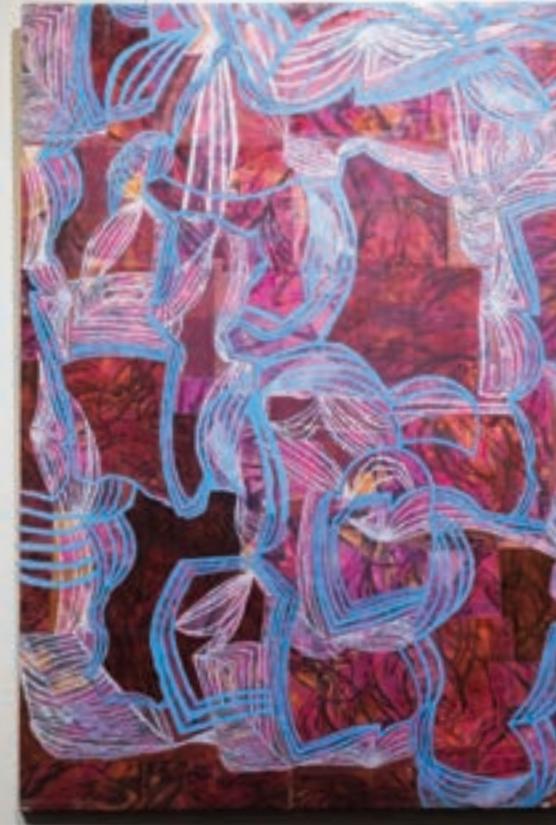
A hidden gem, Christwood's nature-filled campus is where life grows in every direction. Wander through lush gardens, serene woodlands, and welcoming, walkable neighborhoods — dog in tow.

Watch butterflies drift by or herons glide across the pond, shaded by a century-old live oak. A popular spot — The Harvey Trace — a raised boardwalk winding through preserved wetlands, ending at a peaceful pavilion, perfect for quiet reflection, impromptu art sessions, or a sunset dinner. It's one of those “only at Christwood” touches — thoughtful, personal, and full of heart.

And with campus-wide generators, you'll have peace of mind throughout Louisiana's storm season, ensuring lights stay on, elevators keep running, and residents stay safe and secure.

You don't find a place like this every day. But once you do, you won't want to leave.

*The Atrium Gallery*



**“YOU CAN’T USE UP CREATIVITY.  
THE MORE YOU USE, THE MORE YOU HAVE.”**

MAYA ANGELOU

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# ROOTED IN COVINGTON, OPEN TO ALL

Christwood is deeply woven into the vibrant fabric of Covington. Our campus is a welcoming hub where creativity blossoms. We regularly host art exhibits, concerts, community lectures and events in partnership with local organizations — inviting neighbors in and enriching life on both sides of our gates. It's this spirit of openness that makes Christwood a true cornerstone of the Northshore.



### **A WARM WELCOME TO LOCAL CREATIVITY**

Our **Atrium Gallery** serves as a creative center that connects the Covington community through art. Featuring rotating exhibits by talented regional artists, each exhibit opens with a festive reception that includes mingling, music, and festive refreshments. With its fireside setting next to the Atrium Café, it's the perfect place to pause, reflect, and be inspired.



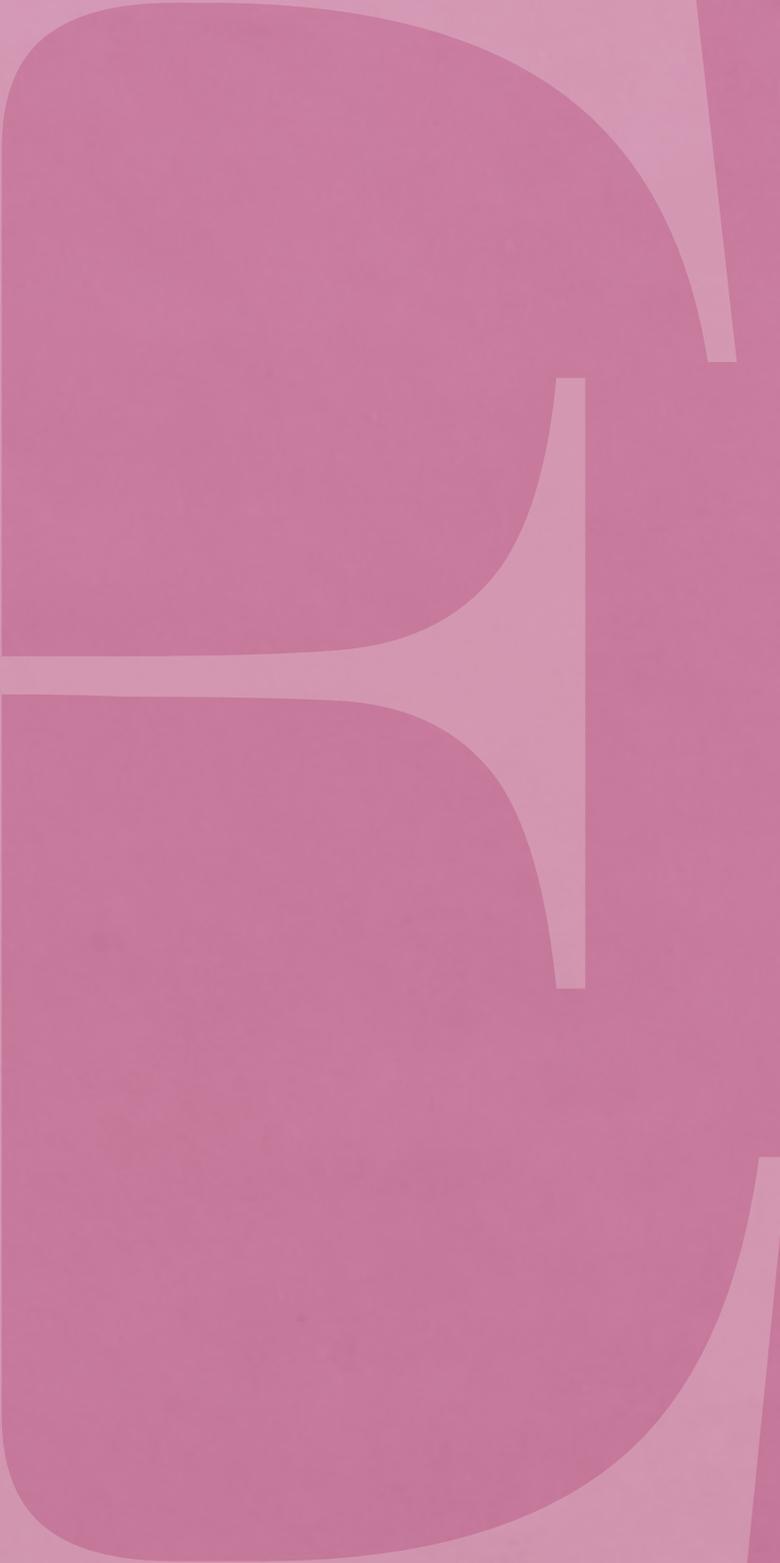
### **A NEW VOICE FOR CULTURE ON THE NORTHSHORE**

In partnership with WWNO New Orleans, Christwood brings a new cultural connection to the Northshore with the launch of **WCWD 89.5** FM. As the official licensee, this new station delivers WWNO's beloved classical music programming, providing a clearer, stronger signal and a deeper connection to the region's cultural heartbeat.



### **BRIDGING GENERATIONS, BUILDING COMMUNITY**

Intergenerational connection is a beautiful part of life, thanks to our partnership with **Christ Episcopal School** next door. Through shared activities like the pen pal program, students writing resident biographies and music, students and residents form meaningful relationships that spark joy and foster a sense of purpose, proving that community knows no age.



# Exclusive Access, Unsurpassed Care

There's something profoundly reassuring about knowing the care you may one day need is already in place, right where you live. As the region's only Life Plan Community (also known as a Continuing Care Retirement Community or CCRC), we offer a full spectrum of top-rated healthcare services right here on our beautiful campus — without financial surprises.

If your needs should ever change, we're here to meet them with warmth, dignity, and respect. That's peace of mind for you and your loved ones — today, tomorrow, and always.

## **Compassionate On-Campus Health Services:**

- In-home Companion Services
- Assisted Living
- Memory Care
- Acute and Long Term Nursing Care
- Rehabilitation Therapy



**“LIFE IS A LOT LIKE JAZZ;  
IT’S ABOUT FINDING YOUR OWN RHYTHM.”**

LOUIS PRIMA

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**Christwood**

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**CHRISTWOODRC.COM**

*Christwood is a not-for-profit 501(c)(3) organization.*

