

FIND YOUR CADENCE®
AT WAKE FOREST.



YOU'RE IN GOOD COMPANY.

Sip iced tea in one of our beautiful, sunny courtyards

Make a new friend

Explore a new lunch spot on one of our outings

Learn something brand new at a book reading

Savor your favorite meal

Move your body with a daily fitness activity

Laugh 'til it hurts

Welcome to Cadence at Wake Forest—a boutique-style community located in a quiet neighborhood just 10 minutes from North Raleigh. Enjoy the convenience of restaurants, shopping, parks and healthcare services right in the neighborhood.



WELCOME TO LIFE AT CADENCE: SO MUCH TO SEE AND DO.

At Cadence we are leading a lifestyle renaissance, with an enhanced focus on wellness programming, nutrition, a tasty dining experience, and many other exciting advances based on the input, preferences and expectations of our residents.

Here, you'll find plenty to do within this companionable circle of good friends. Cadence programming is designed to enrich the mind, body and spirit, all within a nurturing environment where lifestyle matters. When everything you need is under one roof, all you have to do is choose what to enjoy—and enjoy it!

Easy access to a great neighborhood is at your fingertips. Cadence at Wake Forest is in proximity to shopping, restaurants and nearby parks.

We invite you to explore.



LOCATED I



N BEAUTY.

WHILE GETTING OLDER IS INEVITABLE, THE IMPACT OF AGING IS OPTIONAL.

At Cadence at Wake Forest, we believe in getting the support you need to empower the lifestyle you want, resulting in more certainty, stability and greater overall happiness. Residing in a community like ours can open new doors for a magnificent third act, something that may not happen for those living in isolation without a supportive, caring community by their side.

Providing the right quality of physical assistance is just the beginning. We recognize that people are so much more than their bodies. They're also emotional, social, intellectual, creative and spiritual beings, all of which deserve nurturing. To that end, Cadence is designed as a rich tapestry of experiences and activities to address the whole person and all of life.

We offer beautiful senior living apartments and a full spectrum of aging services should you ever need them—including assisted living and memory support.

If you haven't seen our community, schedule a visit to get a feel for it. We're here to help you get to know us. Call (919) 569-2101 or visit CadenceWakeForest.com today to schedule a visit.





INCLUDED IN THE MONTHLY RATE

- Nurse on staff—and on-call 24/7
- Emergency alert system
- Personal pendant system
- Utilities (except phone/cable)
- Housekeeping and laundry services once per week
- Three meals daily
- Round-the-clock beverages and snacks anytime
- Education
- Robust calendar of educational, social and cultural programming



A GORGEOUS COMMU



UNITY.



A REFRESHING HAVE



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ENRICHING LIFESTYLE

AMENITIES, PROGRAMS AND
SERVICES YOU WANT.

AMENITIES AND SERVICES YOU'LL LOVE.

- Three nutritious meals per day
- Room service and guest meals available upon request
- Snacks and beverages available 24/7
- Planned social outings and live entertainment weekly
- Fitness program with a variety of wellness classes every day
- Variety of arts, crafts, music and social gatherings
- On-site library, salon and barbershop
- Outdoor patio garden and enclosed courtyard
- Pet friendly, plus therapy dog and other pet visits

APARTMENT OPTIONS.

- Choice of private studio, companion suite and one bedroom available

Let's get started! Schedule a visit by calling (919) 569-2101 or visiting CadenceWakeForest.com.



CADENCE AT WAKE FOREST IS MANAGED BY CADENCE LIVING.

What makes a Cadence community special? Just as composers orchestrate music to strike the right feeling, Cadence cultivates a vibrant rhythm for living a fully engaged life. Our people, places and programs work in harmony to create experiences to delight residents and make communities thrive. Our creative and progressive approach focuses on health, wellness and living styles that respect individual preferences, while providing supportive services to encourage people to live their best life—at any age and in the way they choose.

Find Your Cadence®



3218 Heritage Trade Drive • Wake Forest, NC 27587
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