



2021 & 2022 Beacon Award
Meadowood is a recipient of the ICAA/NuStep Beacon Award, for fostering a culture and environment that support wellness for all who live and work here.

Meadowood is a proud recipient of the 2022 **ICAA NuStep Pinnacle Award**, recognized as one of the **Top 5 Senior Living Communities** for Wellness in North America.



Beacon

Meet Beacon, Our Therapy Dog

In addition to providing emotional support to those in need, Beacon attends classes in all levels of care, visits with individuals and their families across our campus, and attends resident events and staff meetings.

He is truly our Wellness Ambassador!

The Path You're Seeking Leads Here

3205 Skippack Pike | Lansdale, PA 19446 | meadowood.net



MEADOWELL
PATH TO WELLNESS



“ We meet you where you are on your wellness journey and walk beside you through the Seven Dimensions of Wellness. ”

Physical

Choosing from more than 45 fitness classes weekly, golf, pickleball, wiffleball, water volleyball, certified personal trainers, fitness instructors, wellness coaching, nutrition advice, and campus-wide fitness events.



Experiencing a new spin on life. We tailor our classes to keep up with you!

Dancing the night away. Social events bring joy, fun and laughter in many forms.

Social

Attending mixers, courtyard cocktail parties, special events, dances, on-campus music and theater events, off-campus trips, and resident-run games and activities.



Environmental

Outdoors, with spectacular landscaping, walking trails, fire pits, croquet court, putting green, Victory Garden, unique courtyards, fountains, bocce, shuffleboard, fitness courtyard and meditation space.

Horsing around with a purpose. Our Equine Therapy program offers creative comfort to those living with memory challenges.



Emotional

Joining support groups, equine therapy for memory care, holiday caroling, and spending time with Meadowood's therapy dog.

Spiritual

Finding light with our resident chaplain, pastoral care, meditation and mindfulness guidance, prayer group, ecumenical services, Catholic mass, Shabbat services, holiday celebrations and affiliation with various community faith-based groups and outreach organizations.

Taking our residents to new heights with Dream Flights. Veterans' programs aim to support and uplift those who served.



Intellectual

Attending lectures, discussions, book groups, One Day University, Saturday salons, healthy brain classes, trips and travel.

Vocational

Sharing your knowledge and talents with on- and off-campus volunteer opportunities, intergenerational programs, wood shop, ceramics and crafting studio, art lessons, resident lectures and committees.