

The Highlands, a Maine community with home and lifestyle choices, provides freedom, personal growth and peace-of-mind... an extraordinary place to live and thrive.

Included Services

- Wellness Programs
- Scheduled Interior and Exterior Maintenance
- Bi-Weekly Housekeeping Services
- Groundskeeping
- Trash Removal and Recycling Services
- Snow Removal
- Scheduled Transportation
- Optional Cultural, Educational, Social and Recreational Opportunities
- Heat
- Electricity
- Water and Sewer
- Air Conditioning
- Real Estate Taxes
- Casualty and Liability Insurance
- Ground Lease Payments and Debt Service
- Continental Breakfast
- Optional Health Care Advocacy by Wellness Director
- Priority Access to Assisted Living at The Highlands
- Access to Long-term Care Specialist

Amenities

- Wired for Telephone, Cable TV and Internet
- Emergency Call System
- Appliance Kitchens
- Smoke Detectors and Sprinkler System
- Individual Climate Controls
- Indoor Heated Swimming Pool
- Fitness Center
- Library
- Genealogy Research Room
- Billiards Room
- Multi-purpose Gathering Rooms
- Formal Dining Room
- Personal Banking and ATM
- Putting Green
- Nature Trails and Preserve with Ecology Center
- Scottish-style Golf Course

Optional Services at Additional Fee

- Personal Training
- Guest Accommodations
- Additional Housekeeping
- Catering Services
- Award-winning Chef-prepared Meals
- Personal Transportation
- Fax and Copy Service
- Concierge Services
- Salon



Holden Frost House The Johnson

Floorplan



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice

30 Governors Way, Topsham, ME 04086 • www.highlandsrc.com
(207) 725-2650 • Toll-Free (888) 760-1042



WINNER
GOVERNOR'S
AWARD FOR
BUSINESS
EXCELLENCE
**MAINE
BUSINESS**

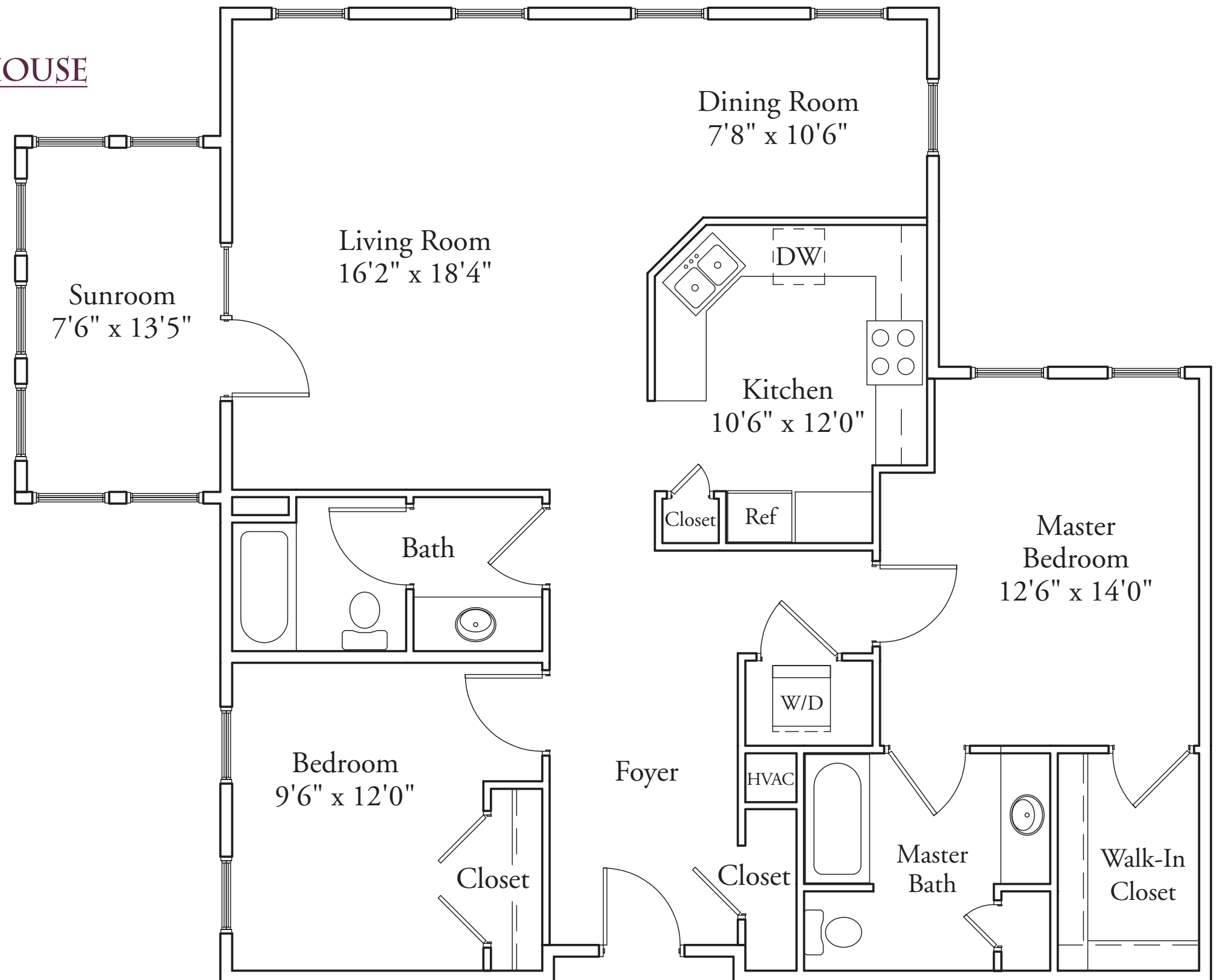
AMERICA'S
★ ★ BEST ★ ★



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice



Square Footage: 1,426 sq. ft.

Actual floor plan, dimensions and custom features may vary.

Home style is named to honor previous owners of the Holden Frost House.

The Johnson

The Highlands, a Maine community with home and lifestyle choices, provides freedom, personal growth and peace-of-mind... an extraordinary place to live and thrive.

Included Services

- Wellness Programs
- Scheduled Interior and Exterior Maintenance
- Bi-Weekly Housekeeping Services
- Groundskeeping
- Trash Removal and Recycling Services
- Snow Removal
- Scheduled Transportation
- Optional Cultural, Educational, Social and Recreational Opportunities
- Heat
- Electricity
- Water and Sewer
- Air Conditioning
- Real Estate Taxes
- Casualty and Liability Insurance
- Ground Lease Payments and Debt Service
- Continental Breakfast
- Optional Health Care Advocacy by Wellness Director
- Priority Access to Assisted Living at The Highlands
- Access to Long-term Care Specialist

Amenities

- Wired for Telephone, Cable TV and Internet
- Emergency Call System
- Appliance Kitchens
- Smoke Detectors and Sprinkler System
- Individual Climate Controls
- Indoor Heated Swimming Pool
- Fitness Center
- Library
- Genealogy Research Room
- Billiards Room
- Multi-purpose Gathering Rooms
- Formal Dining Room
- Personal Banking and ATM
- Putting Green
- Nature Trails and Preserve with Ecology Center
- Scottish-style Golf Course

Optional Services at Additional Fee

- Personal Training
- Guest Accommodations
- Additional Housekeeping
- Catering Services
- Award-winning Chef-prepared Meals
- Personal Transportation
- Fax and Copy Service
- Concierge Services
- Salon



Holden Frost House The Green

Floorplan



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice

30 Governors Way, Topsham, ME 04086 • www.highlandsrc.com
(207) 725-2650 • Toll-Free (888) 760-1042



WINNER
GOVERNOR'S
AWARD FOR
BUSINESS
EXCELLENCE
**MAINE
BUSINESS**

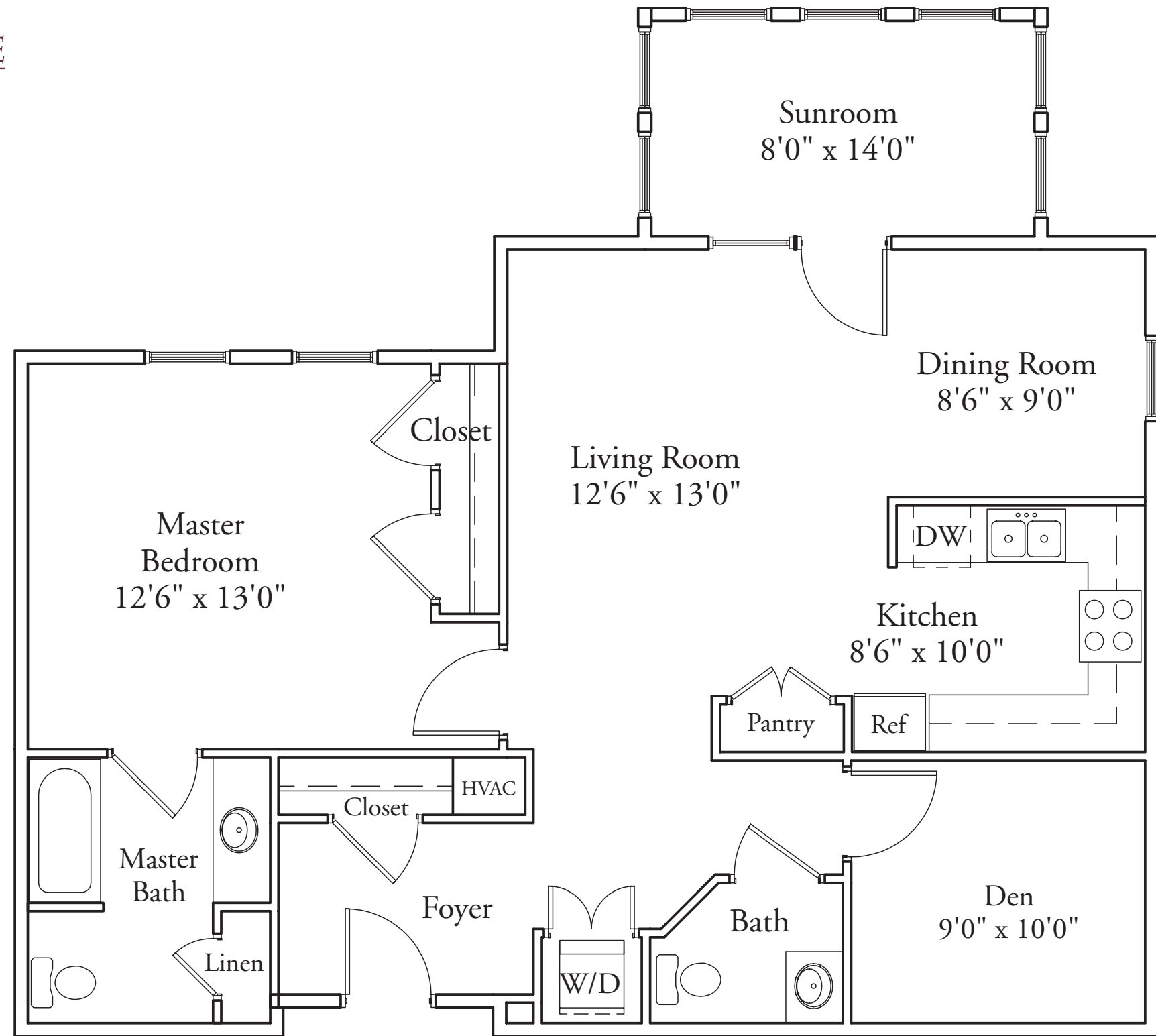
AMERICA'S
★ BEST ★



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice



Square Footage: 1,162 sq. ft.

Actual floor plan, dimensions and custom features may vary.

Home style is named to honor previous owners of the Holden Frost House.

The Green

The Highlands, a Maine community with home and lifestyle choices, provides freedom, personal growth and peace-of-mind... an extraordinary place to live and thrive.

Included Services

- Wellness Programs
- Scheduled Interior and Exterior Maintenance
- Bi-Weekly Housekeeping Services
- Groundskeeping
- Trash Removal and Recycling Services
- Snow Removal
- Scheduled Transportation
- Optional Cultural, Educational, Social and Recreational Opportunities
- Heat
- Electricity
- Water and Sewer
- Air Conditioning
- Real Estate Taxes
- Casualty and Liability Insurance
- Ground Lease Payments and Debt Service
- Continental Breakfast
- Optional Health Care Advocacy by Wellness Director
- Priority Access to Assisted Living at The Highlands
- Access to Long-term Care Specialist

Amenities

- Wired for Telephone, Cable TV and Internet
- Emergency Call System
- Appliance Kitchens
- Smoke Detectors and Sprinkler System
- Individual Climate Controls
- Indoor Heated Swimming Pool
- Fitness Center
- Library
- Genealogy Research Room
- Billiards Room
- Multi-purpose Gathering Rooms
- Formal Dining Room
- Personal Banking and ATM
- Putting Green
- Nature Trails and Preserve with Ecology Center
- Scottish-style Golf Course

Optional Services at Additional Fee

- Personal Training
- Guest Accommodations
- Additional Housekeeping
- Catering Services
- Award-winning Chef-prepared Meals
- Personal Transportation
- Fax and Copy Service
- Concierge Services
- Salon



Holden Frost House The Beal

Floorplan



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice

30 Governors Way, Topsham, ME 04086 • www.highlandsrc.com
(207) 725-2650 • Toll-Free (888) 760-1042



WINNER
GOVERNOR'S
AWARD FOR
BUSINESS
EXCELLENCE
**MAINE
BUSINESS**

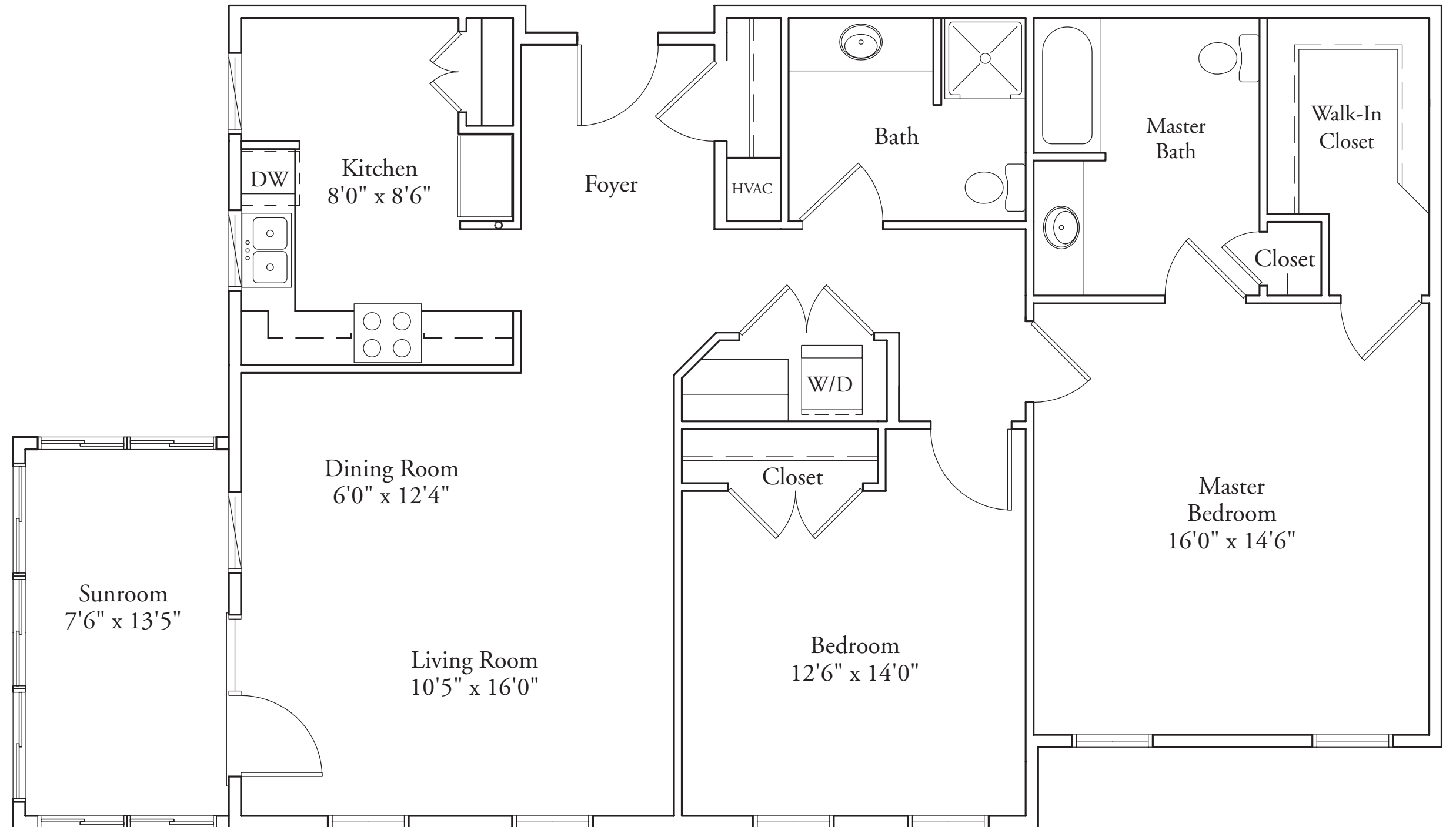
AMERICA'S
★ ★ BEST ★ ★



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice



THE HIGHLANDS HISTORIC
HOLDEN FROST HOUSE
A Lifestyle of Choice



Square Footage: 1,435 sq. ft.

Actual floor plan, dimensions and custom features may vary.

Home style is named to honor previous owners of the Holden Frost House.

The Beal