



Health & Wellness

We make it easy to focus on your personal health and wellness goals, with an indoor pool open year-round, custom fitness classes, and our own personal trainer and Wellness Center. When you need to see a doctor, or spring back to health, you can visit our on-site Mid Coast Medical Group Primary Care Practice and Outpatient Therapy Center.

Our Highlands Service Plus Program makes it easy to arrange personal care at home, led by registered nurses, provided by the team you know and trust.



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www.highlandsrc.com



INDEPENDENT LIVING
RENTAL AND OWNERSHIP OPTIONS



Midcoast Maine's

*Finest
Retirement
Living*

Welcome to your lifestyle of choice.



*Dream It. Build It.
Live It.*

Whether you want to own or rent, live in a house, an apartment or historic mansion, it's all here. We are not just bricks and mortar, but a place you can call home where you can build your own lifestyle.

Historic Setting in Midcoast Maine

You can live in the historic district of Topsham, just one mile from Bowdoin College and bustling downtown Brunswick. Midcoast Maine is full of culture and charm. Only 25 miles from Portland, Maine's largest city, The Highlands is the finest choice in retirement living in Maine.



Choices at The Highlands

With so many lifestyles to choose from and care right here when you need it, we know you'll agree The Highlands community is the right choice.

Rental Apartments

Choose from a variety of rental one and two bedroom apartments in our Maine Lodge with many services and amenities.

Cooperative Home Ownership

Experience the pride of ownership in purchasing your own home, with exterior maintenance, housekeeping, lawn care, snow removal, and many other valuable services provided.

Assisted Living and Memory Care

Our state-of-the-art Assisted Living neighborhoods offer your choice of private one bedroom apartments and a caring team at your service 24 hours a day.

No matter where you live on our campus, you have the entire Highlands community at your fingertips with distinctive dining, exciting Life Enrichment programs, Wellness, Fitness and many social events.



The Highlands Lifestyle

Here, endless opportunities invite you to build your own lifestyle.

- Take a class at Bowdoin College or enjoy Senior College on our campus
- Start your day with a hike along our walking trails or a short walk to downtown Brunswick
- Work out with our personal trainer or take a class in our state-of-the-art fitness center
- Hop on the bus and travel to the Midcoast Symphony or Portland Symphony
- See classic films and new releases in our theater
- Join our Choral group and make beautiful music
- Volunteer at the historic Maine Maritime Museum