



# SUN<sup>®</sup> PROGRAM

A LIFESTYLE PROGRAM  
CENTERED AROUND **YOU!**







# THE SUN® PROGRAM

At United Plus Property Management, AMO®, we believe in putting our residents’ needs at the **CENTER** of everything we do. That’s why we’ve developed the SUN® Program, a lifestyle program that **REVOLVES AROUND YOU** – your health, your happiness and your well-being.

The SUN® Program entered the national scene by winning the Gold Award for **BEST 55+ LIFESTYLE PROGRAM** by the National Association of Home Builders in 2016. Since then the program has grown exponentially!



Our nationally-recognized SUN® Program focuses on seven core lifestyle concepts, providing access to a robust selection of classes, clinics, events, outings and learning opportunities designed to keep you feeling young, healthy, and socially engaged. The result – a vibrant, connected community that allows you to enjoy an unparalleled senior living experience tailored perfectly to their individual wants and needs.

## THE PROGRAM’S SEVEN CORE LIFESTYLE CONCEPTS:

- 1. Fun & Recreation ..... P. 2
- 2. Health & Wellness ..... P. 3
- 3. Community & Friendship ..... P. 4
- 4. Education & Lifelong Learning ..... P. 5
- 5. Finance, Legal & Administrative ..... P. 6
- 6. Convenience & Economies ..... P. 7
- 7. Safety & Security ..... P. 8



# 1. FUN & RECREATION

At its core, the SUN® Program exists as a resource to help you fully enjoy one of the most special times of your life. One of the largest roles the program plays in helping achieve that goal is providing you with plenty of opportunities for fun and entertainment! Whether you're looking for a relaxing game night, exciting physical activities or a lively get-together with your neighbors, you'll find no shortage of entertainment, leisure and adventure options at your fingertips with the SUN® Program.



- » Happy hours
- » Off-site recreational outings
- » Movie showings
- » Bingo, cards and board games
- » Ice cream socials
- » Pot luck parties
- » Resident appreciation events
- » Paint & Sip





## 2. HEALTH & WELLNESS

To fully enjoy a robust, active and independent senior living experience, focusing on both your physical and mental well-being is critically important. That's why the SUN® Program has prioritized offering members the tools and resources they need to stay fit and feel their best!

Our health and wellness programming is customized to those 55 and older, and offers a variety of classes and clinics each month focused on physical and mental health for our residents.



- » Fitness classes
- » Aqua aerobics
- » Flu shot clinics
- » Health screenings
- » Nutrition education
- » Partnerships with local healthcare partners
- » On-site health fairs





## 3. COMMUNITY & FRIENDSHIP

Fostering a lively community isn't just an important aspect of the SUN® Program's offerings, it's a cornerstone of our efforts to cultivate the sense of togetherness and social connection central to a healthy, happy lifestyle. Make new friends, stay connected with old ones, and grow closer with your neighbors; all while enjoying a full calendar of fun, engaging events, parties and clubs!



- » Block parties
- » Birthday socials
- » Special interest clubs
- » Holiday parties
- » Happy hours
- » New resident meet and greet
- » Wine-Down Wednesday
- » Learn more about social media to stay connected with your family





## 4. EDUCATION & LIFELONG LEARNING

Not only is the continued pursuit of knowledge a key way to stay active and engaged, but it's also an essential piece of cultivating a fulfilling lifestyle. The SUN® Program's diverse selection of learning opportunities offers members a plethora of diverse learning opportunities, ensuring you have everything you need to consistently exercise your most important muscle – your brain!

- » Lunch-and-learn seminars
- » Online learning
- » Educational & cultural outings
- » Craft, cooking, and computer classes
- » Lecture series from local college professors
- » Language classes
- » Book studies





## 5. FINANCE, LEGAL & ADMINISTRATIVE

We understand that in retirement, our residents often face unfamiliar and sometimes daunting tasks and responsibilities. The SUN® Program is structured to provide you with the knowledge and tools to handle these duties with ease, and more importantly, the peace of mind you will need to let your golden years truly shine!



- » Assistance with understanding and managing financial and legal affairs
- » Access to government benefits
- » Health insurance programs
- » Estate planning
- » Asset management
- » Understanding your taxes now that you are retired

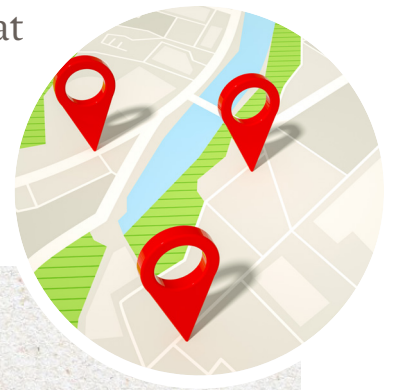






## 6. CONVENIENCE & ECONOMIES

As exciting as the programming offered on premises at your senior community may be, you'll undoubtedly want to take advantage of your neighborhood's many local shopping, dining and entertainment destinations. With that in mind, the SUN® Program has put extra emphasis on providing residents with ample opportunities to enjoy nearby conveniences and activities!



- » Concierge services to help provide local information and resources (especially if moving from out of the area)
- » Group discounted rates to local programs and services
- » Group transportation to grocery stores, pharmacies, doctor appointments, dining out, and so much more!





## 7. SAFETY & SECURITY

Empowering SUN® Program residents with the knowledge and tools needed to look out for themselves is critical in ensuring, not only your safety and wellness, but your ability to fully embrace a worry-free senior living experience and maintain your independence. Our safety and security experiences are specifically designed with your best interests in mind!



- » Identity theft seminars
- » Fraud/scam protection and education
- » AARP safe driving courses
- » Fire marshal seminar
- » Home health care







COME JOIN US  
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PROGRAM