

DISCOVER YOUR

Best Life



Knollwood



Knollwood

Knollwood is the boutique life plan community of choice for people who want to live in the city, yet be tucked away in a quiet residential neighborhood. Knollwood was created by the ADF (Army Distaff Foundation) and continues to serve those with a history of service. Residency at Knollwood is for those who have a strong connection to the D.C. metro area, for high-level level government employees, or Uniformed Services Officers and their immediate family, preserving Knollwood's mission and history.

Its intimate campus—surrounded by the beauty of Rock Creek Park in Washington, D.C.—is an invitation to come explore. You can bring your own life with you while enriching each day with new and exciting experiences both inside and outside of the community. All the amazing sights, sounds, and flavors of the nation's capital are at your door. Go out and enjoy.

A lush, green landscape featuring a multi-tiered stone waterfall cascading over large, dark rocks. The waterfall is surrounded by dense foliage, including large-leafed plants and smaller green shrubs. In the background, a white building with a gabled roof and multiple windows is partially visible, nestled among tall trees with vibrant green leaves. The scene is bathed in bright, natural light, creating a serene and peaceful atmosphere.

The peaceful solitude of a country estate.

The energy of our nation's capital.

This is life at Knollwood.

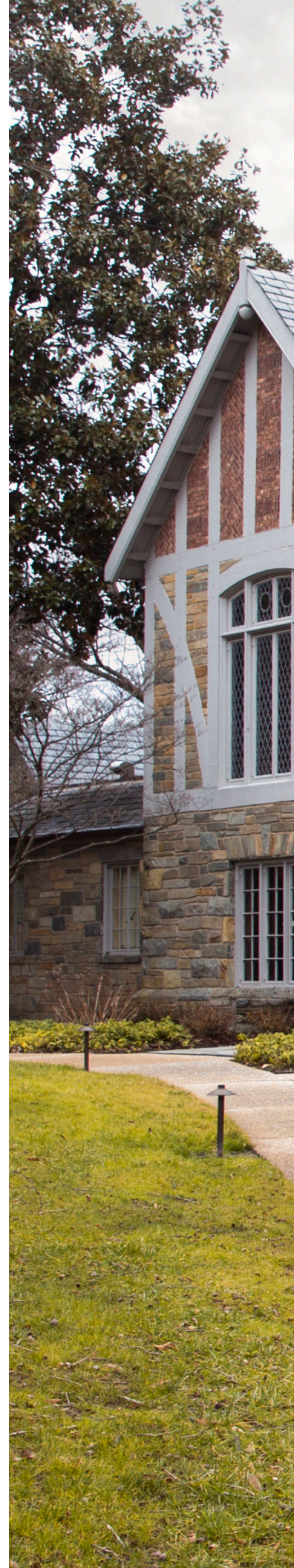
EXTRAORDINARY at every level

Through innovative wellness programs and services, Knollwood promotes the health and well-being of residents within four distinct levels of care: independent living, assisted living, skilled nursing, and memory care.

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I'm comforted by the certainty
of consistent, fully supportive
responses to my requirements.

FREDERIC BROWN | RESIDENT





INDEPENDENT LIVING

The Hall, the largest of the neighborhoods at Knollwood, is for vibrant people who enjoy the freedom and community spirit of apartment home living without the concerns and expense of house repairs/maintenance. Apartment homes vary greatly in size and feature the things you expect when selecting a new home and then some—from being completely outfitted with appliances to safety items, such as 24-hour security and emergency response systems.

ASSISTED LIVING

The Terrace is Knollwood's most intimate neighborhood, offering private apartment homes for people who seek assistance with activities of daily living, such as bathing, getting dressed, or managing medications. Dedicated licensed nursing professionals help residents maintain their independence by providing personalized care based on their individual needs.

SKILLED NURSING

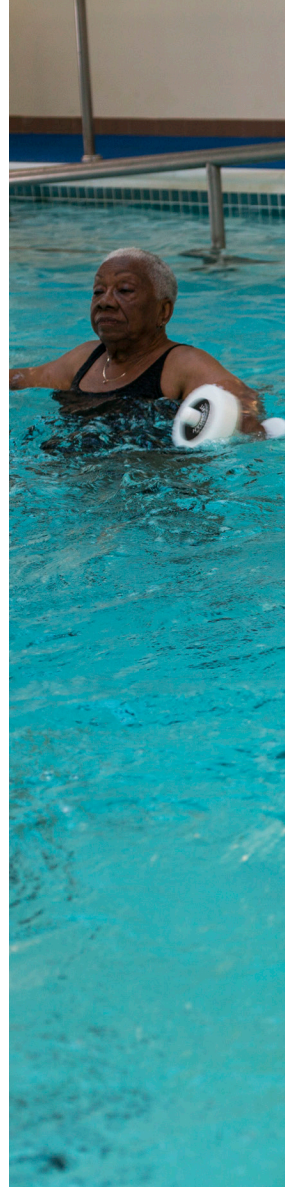
The Health Services Center at Knollwood provides 24-hour care for individuals in need of long-term care, rehabilitation and skilled nursing.

MEMORY CARE

The Special Care Center at Knollwood provides a safe, adaptive environment that meets the physical, emotional, and social needs of individuals suffering from Alzheimer's and other forms of memory impairment.

EXPERIENCE Knollwood

Located by Rock Creek Park on 16 exquisite green acres in Northwest Washington, D.C., Knollwood provides comforts to those who have experienced the unique life of the military family or government service. Knollwood offers beautiful apartment homes, top wellness programs, exciting social and cultural events, and the opportunity to get involved with community decisions.



HOLISTIC WELLNESS

The state-of-the-art wellness center offers:

- Heated indoor pool and Jacuzzi
- Fitness studio, exercise equipment, and group classes
- Massage, aquatic, physical, speech and occupational therapies
- Clinic with medical specialists designed to promote continued independence

DINING

- Caraway Dining Room – finer table service dining
- The Bistro – quick or casual dining and carry-out
- Continue to cook/shop as much or as little as you desire
- Catering available
- Food delivery services available



LOCAL & REGIONAL OUTINGS

A wealth of planned outings are available, such as overnight trips, scenic drives, theater performances, and excursions to Washington, D.C., to name just a few.

PROGRAMS & CLUBS

A wide variety of past and current happenings for people with varying interests, include gardening, walking, mahjong, crafts, men's group, book chat and more. Residents can also enjoy movie nights, Bible studies, themed dinner nights, guest lectures, musical performances, and more.

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I found in spades
a common culture;
people with common
experiences and
similar values.

BILL DUNCAN | RESIDENT

AMENITIES

- Art, painting, and craft studio
- Chapel
- Salt water pool and Jacuzzi
- Fitness center
- Salon
- Library and maker space
- Billiard and game rooms
- Solariums
- Gardening beds



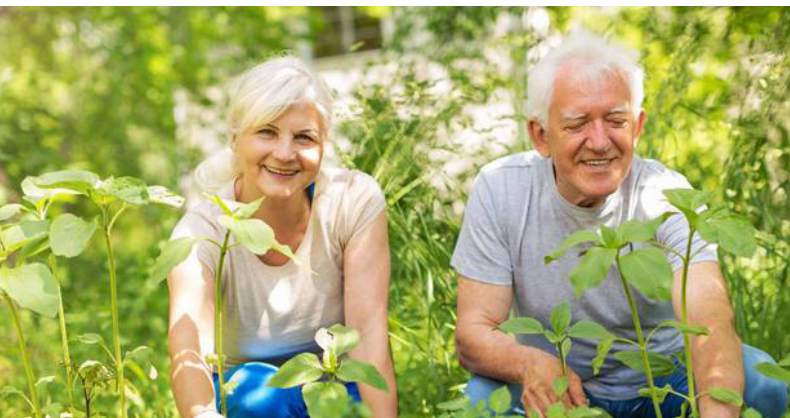


KNOLL HOUSE

- Elegant Tudor mansion – perfect for entertaining
- Includes a dining room, lounge, and sunroom
- Guest accommodations available

NATURE at your doorstep

Knollwood borders Rock Creek Park, the country's second largest urban park. Maintained by the National Park Service, this natural setting features a public golf course, riding stables, ball fields, picnic areas, and over 10 miles of natural and paved trails for hiking, walking, biking, or jogging.



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The location is wonderful. You're in the nation's capital, but tucked away in a quiet, green setting.

JOHN AND KATHARINE HIGGINS | RESIDENTS



INDIVIDUAL GARDENS

Private garden plots allow you to cultivate and maintain your personal garden.

WALKING PATHS & GARDENS

A walking path weaves through Knollwood—winding through the more than 700 trees on campus. You may also enjoy a relaxing break on the Founders' Garden patio. And just across the street, await miles of bike/walking paths and hiking trails.

KNOLLWOOD at your service

Enjoy all the benefits of a home warranty, inside and out. You'll never miss a round of golf or lunch out with friends to stay home for the repairman. Knollwood is standing by.



INCLUDED SERVICES

- All utilities, cable, Internet, phone
 - Home warranty for all systems, appliances, and fixtures
 - Reserved parking
 - Weekly housekeeping; annual deep cleaning
 - Indoor and outdoor maintenance
 - Storage bin
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TRANSPORTATION

- Shuttles to commissaries, shops, museums, and more
 - Public Metro Bus
 - Weekday shuttles to Friendship Heights, Sibley, and Walter Reed
 - Private transportation available
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SAFETY & SECURITY

- 24-hour reception staff
- 24-hour security guard
- Closed-circuit TV monitoring of parking areas and entrances
- Smoke detectors, sprinklers, check-in system, and pull cords in apartment homes



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The great science to live happily is to live in the present.

PYTHAGORAS

FREQUENTLY ASKED questions

What are the requirements for residency?

Eligibility for independent living and assisted living is for people age 62+:

- People with interest in being active participants in life at Knollwood who have strong connections to the D.C. metro area; OR
- Current/former Government Service employees of level GS-14 and higher; OR
- Current/former officers from all US Uniformed Services and immediate family/in-laws

Admission for assisted living and skilled nursing, rehab and memory care is open to the public, with priority given to Knollwood residents.

How do I know if I should investigate independent living versus assisted living?

Independent living is for those who still manage most aspects of their own life, but are interested in reducing upkeep expenses and household chores. Assisted living is for those who require assistance with aspects like medication, mobility, and overall care.

Does Knollwood allow pets?

Independent living residents may bring their pets with them, provided they are domestic and properly trained. Cats and dogs seem to enjoy living at Knollwood!

Is there a waiting list?

Yes. The time for waiting depends upon the preferences you have for style, features, etc. It's best to call or visit us to learn more. Residency for assisted living, nursing or memory care for a loved one occurs on a case-by-case basis, when vacancies arise, giving Knollwood residents priority.

Does Knollwood have parking and provide transportation?

Yes. You will have free on-site parking for your car(s) and your friends and family also park free when visiting. There are also complimentary scheduled shuttle runs that you may wish to use for door to door service to places like shops and appointments at Walter Reed or Sibley.

What type of community is Knollwood?

Knollwood is a life plan community. This means that you move here while you are still healthy, active and managing strongly, you would have access right here to assisted living and 5-star nursing services (long-term care, short-term rehab and memory care) at Knollwood. You or your family may move here for Independent Living, but you also have access to assisted living, nursing services, memory care and rehab services if you require them further down the line.



KNOLLWOOD

at a glance

Knollwood is located by Rock Creek Park in Northwest Washington, D.C.
Discover the peaceful campus just minutes from the very best dining,
entertainment, arts, and culture our nation's capital has to offer.



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KnollwoodCommunity.org

