



The height of senior living.



MEADOW RIDGE

Senior Living that rises above the rest.

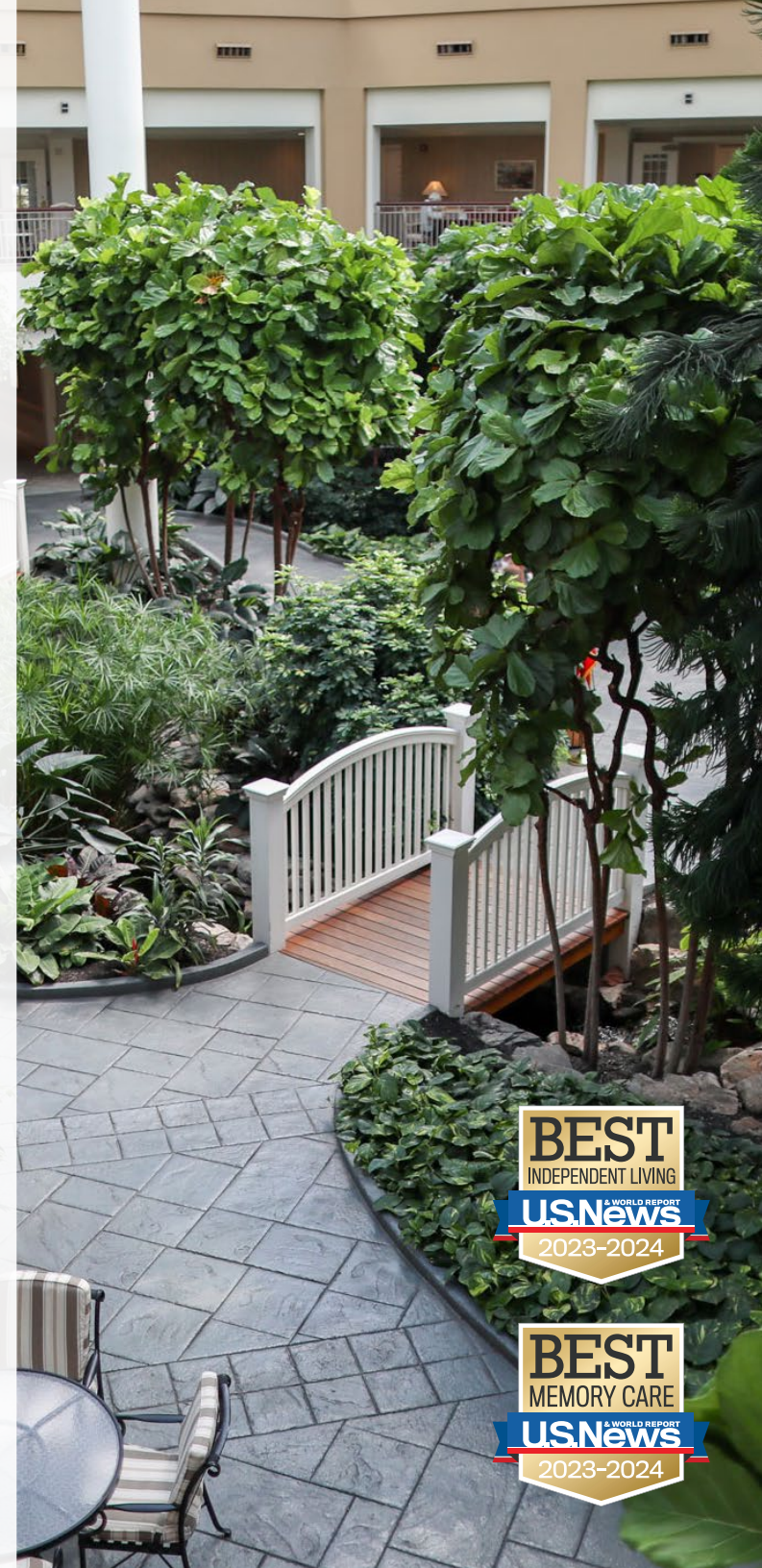
Located in Redding, CT, Meadow Ridge is a distinctive retirement community for discerning individuals seeking the best in senior living. Our scenic landscape provides 136 acres nestled among rolling hills, natural woodlands and open meadows for the best of Connecticut country living, located close to all conveniences.

From the time you walk in the door and see our stunning three-story atrium, you will know you have found a retirement experience like no other. The luxurious refinements continue with apartment homes that are well appointed and generous, more so than any other community in Connecticut. Floor plans are available in one- and two-bedroom styles with or without a den and range from 850 to 2,600 square feet.

Meadow Ridge offers world-class amenities, gourmet dining experiences and an abundance of weekly programs. Do laps in the indoor pool, pamper yourself in the salon or walk your dog on one of the many lush walking trails on our sprawling campus.

Whether you enjoy a life of constant activity or something a bit more laid back, everything you desire is available here. Plus, you can rest easy knowing our Lifecare offering gives you on-campus access to exceptional care across the continuum, even if you or your partner's care needs change in the future.

We hope you enjoy the enclosed guidebook which offers a glimpse of life at Meadow Ridge. If you have any questions or would like to learn more, please feel free to contact us at any time at (203) 544-7777 or [MeadowRidge.com](https://www.MeadowRidge.com).


















Our Community

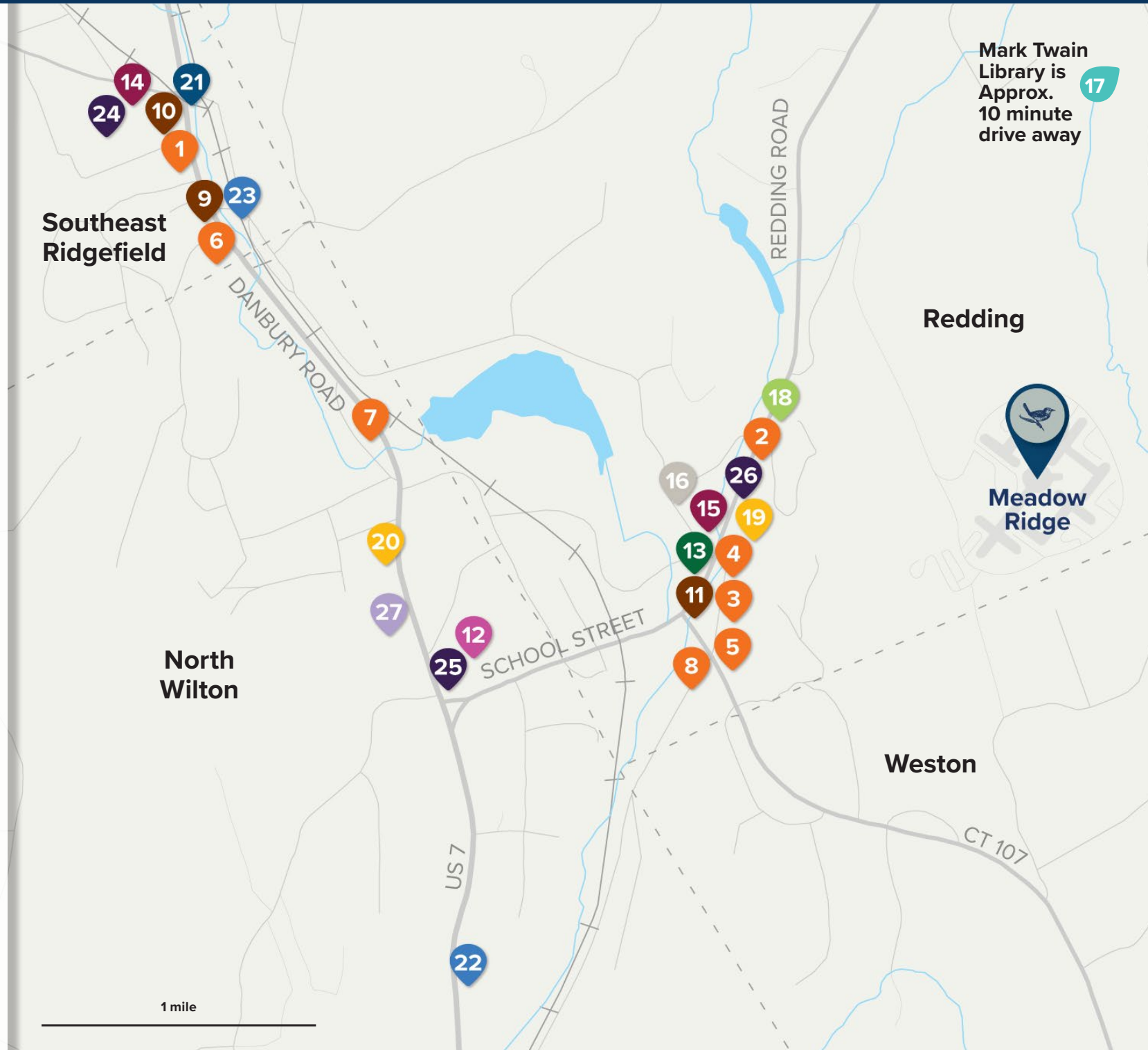
“Being at this high point, the sky is like Montana – you don’t have anything blocking your view. It’s really, really a phenomenal place.”

—Bill B., Resident



Local Map Key

-  Restaurants
-  Coffee Shops
-  Grocery Stores
-  Veterinary Hospitals
-  Pharmacies
-  Post Office
-  Libraries
-  Banks
-  Auto Repair
-  Gift Shops
-  Florists
-  Liquor Stores
-  Dry Cleaners



Take Advantage of All the Area Has to Offer



Meadow Ridge

100 Redding Road
Redding, CT 06896



RESTAURANTS

- 1. Barn Door Restaurant**
37 Ethan Allen Highway
Ridgefield, CT 06877
- 2. Black Cat Grille**
58 Redding Road
Redding, CT 06896
- 3. Bloom Breads**
8 Main Street Suite C
Redding, CT 06896
- 4. Lombardi's Trattoria**
22 Main Street
Redding, CT 06896
- 5. Milestone**
2 Main Street
Redding, CT 06896
- 6. Sand-Wedge**
1 Ethan Allen Highway
Ridgefield, CT 06877
- 7. Toozy Patza Pizza**
991 Danbury Road
Wilton, CT 06897
- 8. Wire Mill Saloon & Barbeque**
12 Old Mill Road
Redding, CT 06896



COFFEE SHOPS

- 9. Dunkin'**
15 Ethan Allen Highway
Ridgefield, CT 06877
- 10. Tusk & Cup Fine Coffee**
51 Ethan Allen Highway
Ridgefield, CT 06877
- 11. Uncle Leo's Not Just Coffee & Donuts**
19 Main Street
Redding, CT 06896



GROCERY STORES

- 12. Caraluzzi's Georgetown Market**
920 Danbury Road
Wilton, CT 06897



VETERINARY HOSPITALS

- 13. Georgetown Veterinary Hospital**
53 Redding Road
Redding, CT 06829



PHARMACIES

- 14. CVS**
467 Main Street
Ridgefield, CT 06877
- 15. Redding Pharmacy**
73 Redding Road
Redding, CT 06896



POST OFFICE

- 16. United States Postal Office**
65 Redding Road
Redding, CT 06829



LIBRARIES

- 17. Mark Twain Library**

439 Redding Road
Redding, CT 06877

Approx. 10 minute drive away



BANKS

- 18. TD Bank**
60 Redding Road
Redding, CT 06896



AUTO REPAIR

- 19. Georgetown Automotive**
54 Redding Road
Redding, CT 06896
- 20. Heibeck Motors**
943 Danbury Road
Wilton, CT 06897



GIFT SHOPS

- 21. Ally Bally Bee**
45 Ethan Allen Highway
Ridgefield, CT 06877



FLORISTS

- 22. Confetti**
830 Danbury Road
Wilton, CT 06897
- 23. Flower Girl**
14 West Branchville Road
Ridgefield, CT 06877



LIQUOR STORES

- 24. Ancona's Wines & Liquors**
720 Branchville Road
Ridgefield, CT 06877
- 25. Caraluzzi's Wine & Spirits**
920 Danbury Road
Wilton, CT 06897
- 26. Georgetown Package Store**
34 Main Street
West Redding, CT 06896



DRY CLEANERS

- 27. Sanda's Cleaners**
941 Danbury Road
Wilton, CT 06897

136 acres of breathtaking beauty.

Situated high on a hilltop, Meadow Ridge feels private but is close to everything you may want or need. Life is simply better up here. On campus, choose from activities in our three stunning courtyards, enjoy pickleball with a friend or put your green thumb to use in the rose garden or the resident gardens near the potting shed.



- 1 Fitness Center
- 2 Dining Room
- 3 Auditorium
- 4 Swimming Pool
- 5 The Bistro
- 6 Croquet Court
- 7 The Farm
- 8 Tennis and Pickleball Court
- 9 Dog Park
- 10 Putting Green
- 11 Rose Garden
- 12 Bocce Ball Court
- 13 Raised Bed Gardens and Potting Shed
- 14 Pavilion
- 15 Ridge Crest Rehabilitation & Skilled Nursing
- 16 Assisted Living
- 17 Covered Parking Garages
- 18 Walking Trails
- 19 Pond and Gazebo
- 20 Fountain and Pond



Floor Plans

“We moved in and everything was exactly as we had envisioned. The maintenance-free lifestyle allows us to focus on the things that we want to do instead of those we have to do.”

—Dale B., Resident



1 BEDROOM, 1 BATHROOM WITH FIREPLACE

Avon

“I have created a special spot in my apartment called my ‘nook’! It is just lovely with my cushioned chair and needlepoint footstool.”

— Jean D. | Resident



Plans are a general representation of units shown. Details and dimensions may vary.

1,050
Sq. Ft.

1 BEDROOM, 1.5 BATHROOMS WITH FIREPLACE

Essex

“I love my comfortable apartment—sunny, bright and cheerful; even my patio is full of flowers. It feels like home.”

— Penny S. | Resident



Plans are a general representation of units shown. Details and dimensions may vary.

1,250
Sq. Ft.

1 BEDROOM, 1.5 BATHROOMS
WITH DEN AND FIREPLACE

Fairfield

"I love my apartment, especially because it is so spacious and full of light. From my windows, I have a wide view of our beautiful woods. The hilltop location of Meadow Ridge is unique and much appreciated."

— A.V.D. | Resident



Plans are a general representation of units shown. Details and dimensions may vary.

1,350
Sq. Ft.

2 BEDROOMS, 2 BATHROOMS
WITH FIREPLACE

Greenwich

"I am facing southwest, so I enjoy sunsets all year long. It was just right for my husband and I when we moved in many years ago, and it is just right for me today. Every apartment has a fireplace—the comfort of home."

— Judy M. | Resident



Plans are a general representation of units shown. Details and dimensions may vary.

1,550
Sq. Ft.

2 BEDROOMS, 2 BATHROOMS
WITH DEN AND FIREPLACE

Saugatuck

"We love our apartment because of the ample light and view of trees and sky. It is bright and cheerful, and we love the feeling we get every time we enter."

— Dan S. | Resident



Plans are a general representation of units shown. Details and dimensions may vary.

2,600
Sq. Ft.

2 BEDROOMS, 2 BATHROOMS WITH DEN,
LIBRARY AND FIREPLACE

Windsor

“The best thing about my apartment home is the spaciousness, generous closet space and great view over beautifully landscaped grounds.”

— Pat W. | Resident



Plans are a general representation of units shown. Details and dimensions may vary.



Programs

“We have committees for just about every interest and a full calendar of programs to engage your mind. There is something for everyone whether you are looking to pursue current hobbies or find new ones.”

—Susan A., Resident



Meadow Ridge Weekly Programs

Sunday

- 9:00 AM **"Beach Scenes" Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:30 AM **Stretch & Strength** | 30 minutes
- 11:00 AM **Chair Yoga** | 30 minutes
- 1:30 PM **Religious Services** | 1 hours
- 3:00 PM **The Opera/Ballet Committee Presents: "The Pearl Fishers"** | Set in ancient times on the island of Ceylon, this opera describes a moving tale of friendship tested by love. Please arrive 15 minutes early for remarks. Running time is 2 hours. (Auditorium)
- 4:00 PM **Bocce "Sundays in the Park"** | Please join us! (Spruce Courtyard)

Monday

- 9:00 AM **"Beach Scenes" Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:30 AM **Stretch & Strength + Core** | 45 minutes (Auditorium)
- 10:00 AM **Art Class with Kathy** | Activity Room 2
- 10:00 AM **Resident/Associate Croquet Challenge** | Light refreshments will be served. (Laurel Courtyard, Croquet Court)
- 11:00 AM **Library Committee Meeting** | Activity Room 1
- 11:00 AM **Theater Classics: "All That Jazz"** | Rated R, 1979, 2 hours 3 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in Fitness Center
- 1:00 PM **Party Bridge** | Bennett Room
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 3:15 PM **Rummikub** | Bennett Room
- 3:30 PM **Opera/Ballet Committee Meeting** | Activity Room 1
- 3:30 PM **New Series! Broadchurch** | This British crime series follows the clues & obstacles that surface in the investigation of the murder of a young boy in a small seaside village.
- 4:30 PM **Wine Social** | Atrium
- 7:30 PM **Encore Performance! The Opera/Ballet Committee Presents: "The Pearl Fishers"** | Please arrive 15 minutes early for remarks. Running time is 120 minutes. (Auditorium)

Fitness Program Hours

Pool Hours

7 days/week, 6:00 AM – 10:00 PM

AquaFit

Mon/Wed/Fri, 11:30 AM

Water Walking

Tues/Thurs, 9:00 AM

Tai Chi

Wed, 9:00 AM

Please sign in/out

Fitness Center Hours

7 days/week, 6:00 AM – 10:00 PM

Please sign in/out



Tuesday

- 9:00 AM **"Beach Scenes" Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:00 AM **New! Water Walking** | Pool
- 9:30 AM **Tai Chi** | 45 minutes (Auditorium)
- 9:30 AM **Seated Tai Chi** | 25 minutes
- 10:30 AM **Current Events** | Limited seating (Activity Room 1)
- 11:00 AM **"Marco Polo: The Age of Exploration"** | 44 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 2:00 PM **Writers Workshop** | 1 hours
- 2:00 PM **Caraluzzi's Shopping Trip** | Sign up at front desk (Front Entrance)
- 2:00 PM **Scrabble** | Activity Room 2
- 3:30 PM **"Royal Pains" Series** | 45 minutes
- 7:30 PM **Tuesday Night Tunes: "James Taylor's Greatest Hits"** | 1 hours 26 minutes



Wednesday

- 9:00 AM **"Beach Scenes" Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:00 AM **Tai Chi** | 4-week series (Pool)
- 9:30 AM **Stretch & Strength + Core** | 45 minutes (Auditorium)
- 11:00 AM **"Cocktails with a Curator: Perio della Francesca"** | 21 minutes
& **"Travels with a Curator: Villa Barbaro, Maser"** | 16 minutes
- 11:00 AM **Bingo!** | Join the fun and bring your quarters! (Activity Room 2)
- 12:00 PM **Trip: Let's Do Lunch at Wadsworth Museum** | Front Lobby
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 3:00 PM **Westport Country Playhouse Virtual Show: Tiny House** | Join us for refreshments! (Auditorium)
- 7:30 PM **Movie: "The Father"** | PG-13, 2020, 1 hours 37 minutes (Auditorium)

Thursday

- 9:00 AM **"Beach Scenes" Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:00 AM **New! Water Walking** | Pool
- 9:30 AM **Chair Yoga** | 45 minutes (Fitness Studio)



- 10:00 AM **Report from Hartford** | Presentation by Will Haskell, CT State Senator and Anne Hughes, CT State Representative (Auditorium)
- 10:00 AM **Grounds Committee** | Zoom
- 10:00 AM **Shopping Trip: Stop & Shop** | Front Lobby
- 11:00 AM **“The Secrets of Antarctica”** | 50 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 1:00 PM **Bible Study** | Activity Room 1
- 1:00 PM **Tech Time with Marco** | Conference Room
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 2:00 PM **Caregivers Support Group** | Conference Room
- 2:30 PM **Dramatic Reading** | Activity Room 1
- 3:30 PM **Great Courses: History’s Voyages of Exploration**

Friday

- 9:00 AM **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:30 AM **Stretch & Strength + Core** | 45 minutes (Auditorium)
- 10:00 AM **Yoga Poses** | Atrium
- 11:00 AM **Film Committee** | Activity Room 1
- 11:00 AM **“The Royal Origins of a Full English Breakfast”** | 43 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 1:00 PM **Clothing Drive** | All donations go to the Vietnam Veterans of America | 2 hours
- 2:00 PM **A Stitch in Time** | Bring your needlework and join the fun! (Atrium)
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 7:30 PM **Movie: “The Treasure of the Sierra Madre”** | 1948, 2 hours 6 minutes (Auditorium)

Saturday

- 9:00 AM **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 10:00 AM **Shopping Shuttle** | Sign up at front desk (Front Lobby)
- 10:00 AM **Mahjongg** | Bennett Room
- 10:00 AM **Chair Pilates** | 30 minutes (Auditorium)
- 10:30 AM **Mat Pilates** | Advanced class | 30 minutes (Auditorium)
- 3:00 PM **“Amelia Earhart: Queen of the Air”** | 43 minutes
- 7:30 PM **Movie: “Gigi”** | Rated G, 1958, 1 hours 59 minutes (Auditorium)



Meadow Ridge Fitness Center

Take care of your mind and body when you move to Meadow Ridge.

Brand-New, State-of-the-Art Fitness Center

- Professionally managed by degreed and certified fitness specialists and instructors
- On-site team has significant experience and understanding of an active aging population
- Collaboration with residents, their families (if necessary), their healthcare team, on-site physical therapists and other departments
- Incentive programs, motivational activities, educational presentations and additional health and wellness services

Personalized Fitness Programs

With your membership, you receive an individually designed program specific for your goals and needs, a fitness assessment and access to all group exercise classes, including pool-based classes.

We work with all levels of fitness, adjust for any cognitive or physical limitations and focus on fall prevention, balance, mobility, agility and strength to help our residents lead—and maintain—an active and independent life with confidence.

Benefits of Physical Activity:

- Reduced risk of heart disease, stroke, type 2 diabetes, high blood pressure and some types of cancer
- Improved strength and balance to prevent injuries
- Helps to control joint swelling and pain associated with arthritis
- Helps maintain independence
- Reduced pain
- Improved mood and feelings of well-being
- Reduced symptoms of anxiety or depression
- Improved cognition function

Fitness Center Hours of Operation:

7 days per week | 24 hours per day

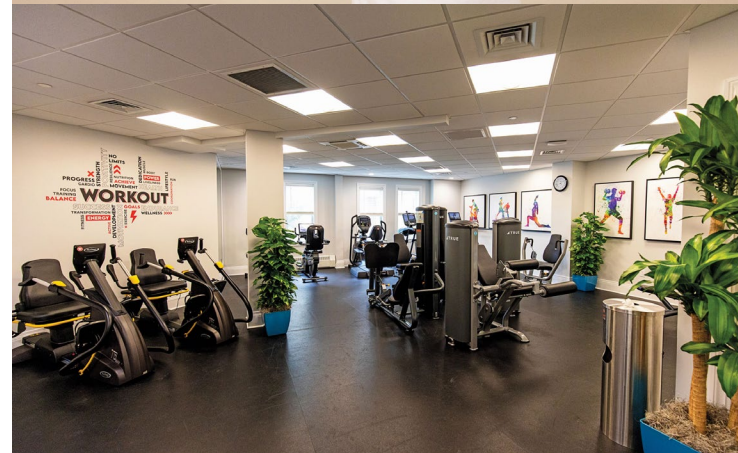
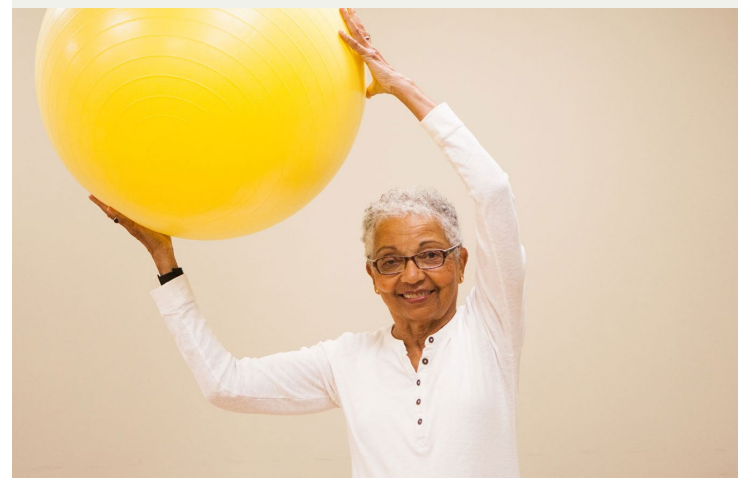
Pool Hours of Operation:

7 days per week | 4:30 AM–10:00 PM

Staffed Hours of Operation:

Monday–Friday | 8 AM–4 PM

(with the exception of some holidays)





- Rubberized Free Weights
- Bench (Flat/Incline/Decline)
- Stability Balls
- BOSU® Balls
- Resistance Exercise Chairs
- TheraBands®
- Resistance Tubes
- Balance Pads
- Step Benches and Risers
- Yoga Mats
- Ballet Bar



Dining

“Among the reasons that we chose Meadow Ridge was the variety and appearance of the dining venues. The dining room is cozy, with its stone fireplaces, yet airy and bright with big windows. The tables always have fresh flowers, tablecloths, and cloth napkins. Not to mention the food is fantastic”

— Lynn S., Resident



Bistro Lunch Menu

Soups

Butternut Squash Soup ☞

Gazpacho ☞

Soup of the Day

Monday

LS Coconut-Curry Carrot Soup ☞

Tuesday

LS Red-Bean Chili ☞

Wednesday

LS Manhattan Clam Chowder

Thursday

LS Pork Ramen

Friday

LS Potato Watercress Soup ☞

Saturday

LS Turkey Noodle Soup

Entrées

Lemon-Thyme Half Roasted Chicken

With herb jus, rice pilaf, sautéed carrots

Quiche of the Week—Quiche Florentine

Served with potato salad

GF option available

Baked Rigatoni, Whipped Spinach

Ricotta & Fontina

Served with roasted asparagus

GF option available

Entrée Salads

(Add Grilled Chicken, Crab Cake or Salmon)

Meadow Ridge Chopped Salad ☞ ♥

Romaine hearts, cucumber, tomato, almond, cranberry, goat cheese, beet vinaigrette

Cobb Salad ☞ ♥

Mixed greens, tomato, bacon, avocado, blue cheese, hard-boiled egg, ranch dressing

Niçoise Salad ☞ ♥

Mixed greens, tomato, baby potatoes, olives, haricots verts, hard-boiled egg, lemon-dijon vinaigrette

Summer Salad ☞ ♥

Mixed greens, ricotta salata, strawberries, toasted walnuts, aged balsamic, chive oil

Cider-Glazed Baby Back Ribs

Tangy barbecue sauce, mac & cheese, roasted brussels sprouts

Weekly Bistro Special—Cuban Pork ☞

With garlic & citrus sauce, served with rice pilaf and steamed broccoli with garlic

Hot Sandwiches

Connecticut Famous Steamed Cheeseburger

House-made pickles, lettuce, tomato and caramelized red onions on a potato roll, served with house-made ranch potato chips or mixed fruit

GF option available

Crab Cake Sandwich

Lettuce, tomato and cajun mayo on a potato roll

GF option available

Buttermilk Ranch Chicken Sandwich

Lettuce and tomato with ranch dressing on a potato roll, served with ranch potato chips or mixed fruit

GF option available

Build Your Own Sandwich

Includes coleslaw and house-made chips

Turkey, Ham, Corned Beef, Bacon, Chicken Salad, Tuna Salad or Egg Salad

Dessert

Cookies, Mixed Fruit, Apple, Orange, Banana,

Cake of the Day, Pie of the Day





Dining Room Menu

Soups

Butternut Squash Soup ☞

Tomato & Rice Soup ☞

Low-Sodium Soup of the Day:

Monday

Five-Onion Soup ☞

Tuesday

Duck & Bean Soup

Wednesday

Chicken Noodle Soup

Thursday

Escarole & Bean Soup ☞

Friday

Potato Leek Soup

Saturday

Beef Noodle Soup

Starters

Shrimp Cocktail ☞

Mixed Green Salad ☞

☞ = Gluten-Free

Entrées

Baked New England Cod

With lemon and paprika

Veal Marsala

Citrus-Glazed Cornish Game Hen

With scalloped sweet potato

Homestyle Meatloaf

With buttermilk mashed potatoes

Grilled Chicken Breast

With bucatini pomodoro

Baked Red Snapper

With lemon and ginger

Black Bass

With garlic-scape pesto

Connecticut Maple-Dijon Pork Loin

Ratatouille Polenta Tartelette

Rack of Lamb

With barolo reduction

Chicken Tagine

Shredded Mediterranean Beef Bowl

With hummus, tomato-onion salad, yellow rice, naan bread

Sides

Grilled Asparagus & Mushrooms ☞

White & Wild Rice Blend

Yukon Potatoes ☞

Creamed Spinach

Sweet Potato

Braised Mushrooms & Onions

Desserts

Cheesecake

Chocolate Lava Cake

Tiramisu

Dessert of the Week:

Hazelnut Cake

Pie of the Week:

Coconut Custard Pie

Sugar-Free Dessert:

Pound Cake with Strawberries
& Cream



MeadowRidge.com | 203-544-7777 | 100 Redding Road | Redding, CT 06896

Managed by Benchmark Senior Living



Meadow Ridge

A Distinctive Lifecare Community

Independent Living

Assisted Living

Memory Care

Sub-Acute Rehabilitation

Skilled Nursing



MeadowRidge.com

203-544-7777

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Managed by Benchmark Senior Living

08.23