



THE RESIDENCES
OF UNITED HOMECARE

9355 SW 158th Ave, Miami, FL 33196 | (786) 878-5140 | www.TourTheResidences.com

THE RESIDENCES



The art of dining.

Our dining experience is designed to make you feel right at home, with fresh foods and healthier ingredients for “just made” appeal. Our food services director and our professional chef work together to create wholesome, traditional recipes using grass-fed or hormone-free meats whenever possible, healthy fats, and locally sourced, seasonal fruits and vegetables.

The menu is globally inspired, with super grains such as farro and quinoa plus flavorful herbs, spices, vinegars and seasonings. Meals are made from scratch and cooked to order, with restaurant-style service and artistic presentation. Dietary restrictions and special diets can also be accommodated, and all menus are reviewed and approved by The Residences’ Registered Dietician.

Beyond the dining room, residents can share their love of good food and gardening in our community garden, where they can help grow and harvest fresh “home-grown” vegetables and herbs for the kitchen.

Great care goes in to preparing our daily dining options. Here is a sampling of our menus.

Breakfast

*Available daily from
7:30 AM to 9:30 AM*

Continental Breakfast

SELECTION INCLUDES:

Seasonal fresh fruits, yogurt, or cottage cheese

BREADS INCLUDE:

Cuban bread, bagel, wheat, white, rye toast, or English muffin

HOT OR COLD CEREALS INCLUDE:

Oatmeal, grits, bran flakes, Cheerios, or Rice Krispies

Daily Hot Breakfast

EGGS COOKED TO ORDER

Scrambled, Fried, Over or Poached

Crispy Bacon, Sausage Patty or Ham

Breakfast Potatoes

Toast

Daily Breakfast Special

WHOLE WHEAT PANCAKES & SYRUP

Snacks

*Available daily at The Café from
10:00 AM to 3:00 PM*

A selection of hot and cold beverages and heart-healthy nourishments can be found at The Café, adjacent to the lounge area.

Lunch & Dinner

Daily Selections

Lunch served from 11:30 AM to 1:30 PM

Dinner served from 4:30 PM to 6:30 PM

Soup Du Jour

BUTTERNUT SQUASH & SAGE

Chef’s Sandwich Special

PESTO CAPRESE

Kale pesto, ripe tomatoes, basil & fresh mozzarella on toasted focaccia

Salad Inspiration

SCALLOPS & FENNEL

Tender poached scallops, shaved fennel, wilted spinach and fresh citrus tossed with orange vinaigrette

Entrée Options

HOISIN MAHI MAHI WITH MANGO RELISH

Filet of mahi, pan roasted with coconut milk & spices, finished with fresh mango salsa

GREEK LEMON CHICKEN

Chicken quarters marinated in lemon & oregano, oven roasted potatoes

Accompaniments

Five Spice Sweet Potatoes

Oven Brownded Potatoes

Grilled Vegetables with Balsamic Glaze

Green Beans & Cherry Tomatoes

Desserts

Pineapple Upside Down Cake

Fresh Fruit Plate



THE RESIDENCES
OF UNITED HOMECARE

9355 SW 158th Ave, Miami, FL 33196 | (786) 878-5140 | www.TourTheResidences.com

Features & Amenities

Upscale Amenities

Modern, four-story, state-of-the-art assisted living community with 89,000 sq. ft. of livable space

LEED certified, built to the highest safety standards

Natural gas generator to shelter-in-place

Polished Old Florida-style terrazzo flooring throughout

Rotating display of contemporary art

Wi-Fi throughout the community

Spacious desk lobby and reception

Health & Wellness Center with doctor's office, examining room, nurse's station and on-site pharmacy

Café area for coffee, tea and snacks

Restaurant-style dining room with 88-seat capacity

On-site barber and beauty salon

Library with computer stations

Additional community seating areas on 2nd and 3rd floors

Washer/dryer facility in common area on all floors

Outdoor community garden

Residence Features

Choice of studio and one-bedroom floor plans

Spacious, ADA-compliant bathrooms

Brightly polished terrazzo floors

Large windows that allow ample natural light

Kitchenette with sink, microwave and mini refrigerator

Personal, temperature-controlled a/c unit

Wi-Fi connectivity

Flat screen TVs with cable service included

Emergency/nurse call button

Fire alarm and sprinkler system

Extraordinary Care

Trained, licensed and certified professionals on site

Daily events and activities

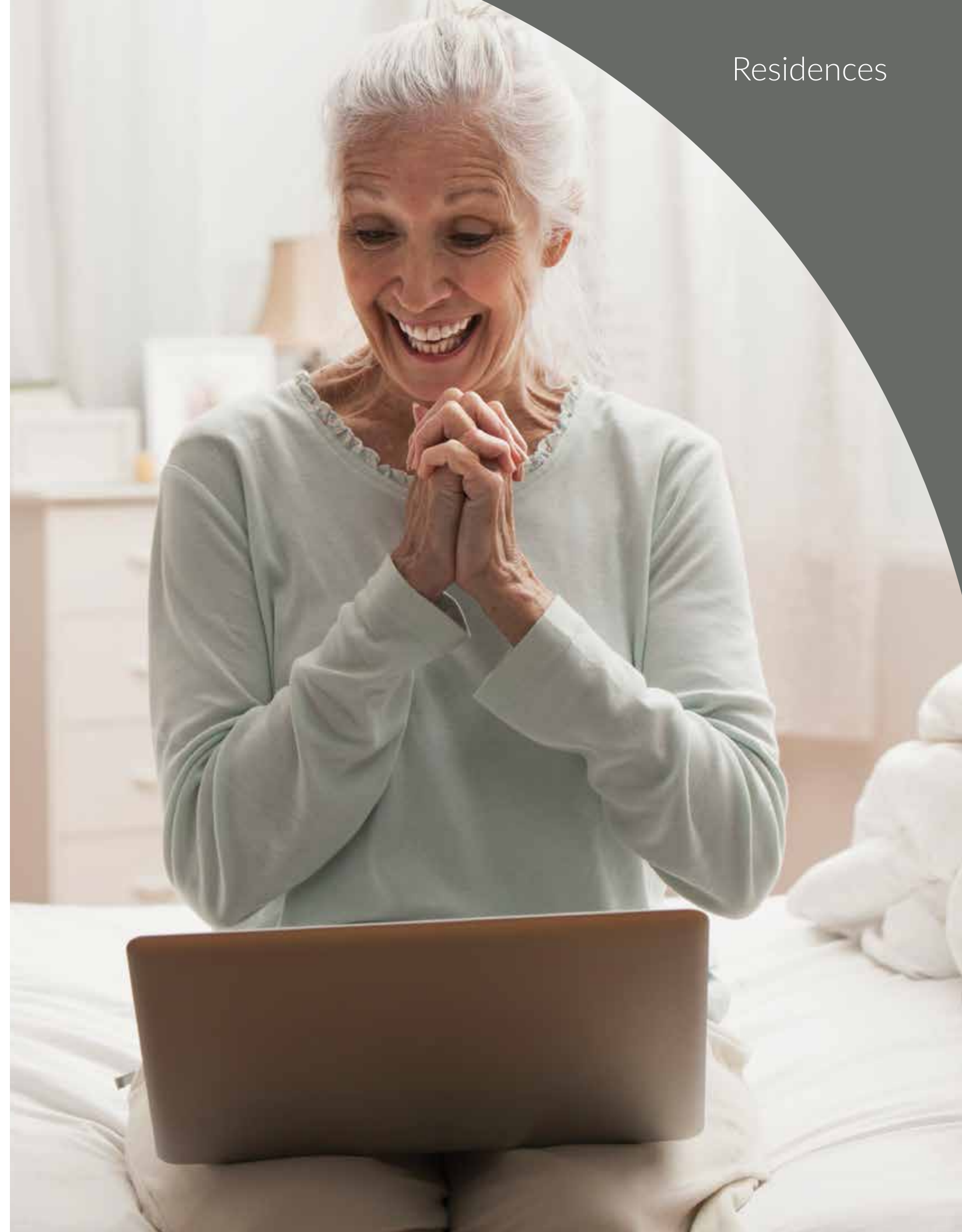
Delicious meals served restaurant-style each day

Help with daily activities like bathing, dressing, housekeeping, meals, and medication

Concierge service available

Complimentary neighborhood transportation





THE RESIDENCES
OF UNITED HOMECARE

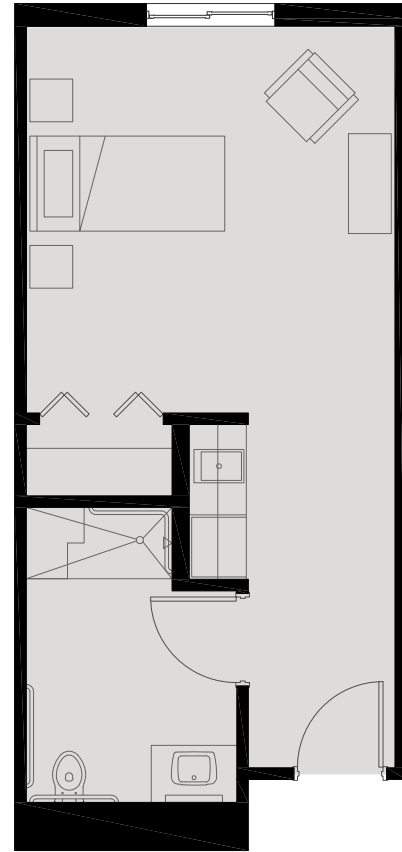
9355 SW 158th Ave, Miami, FL 33196 | (786) 878-5140 | www.TourTheResidences.com



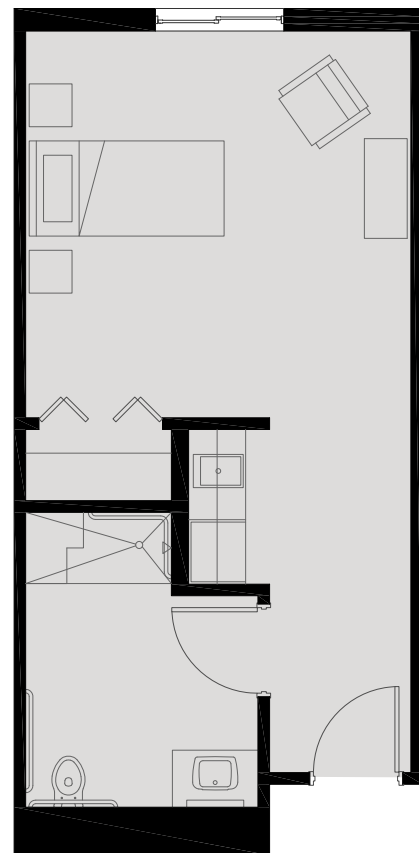
Rest assured.

At The Residences of United HomeCare, our apartments allow seniors to experience all the comforts of home, with a choice of spacious studio and one-bedroom floor plans. Our variety of options allows you to select just the right amount of space that fits your needs. Beautifully appointed and fully furnished residences feature spacious living areas, kitchenette, wall-mounted flat-screen tv, ample storage space, oversized windows to allow in natural light and individually controlled heat and air-conditioning.

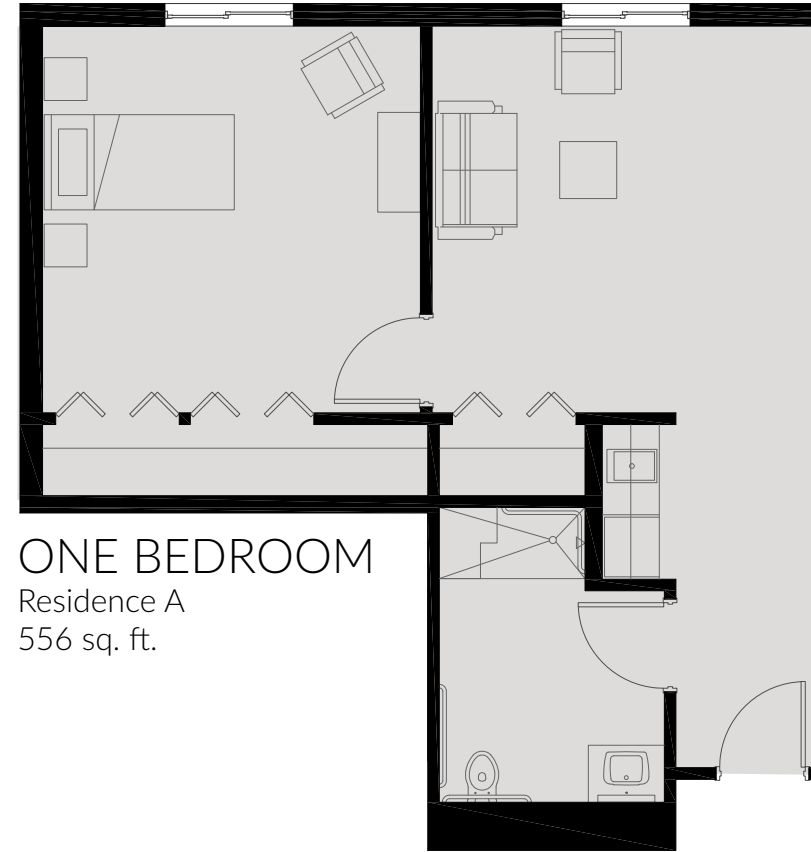
All of our floor plan options include an ADA-compliant bathroom, plus features designed for senior safety such as fire and medical emergency alert systems.



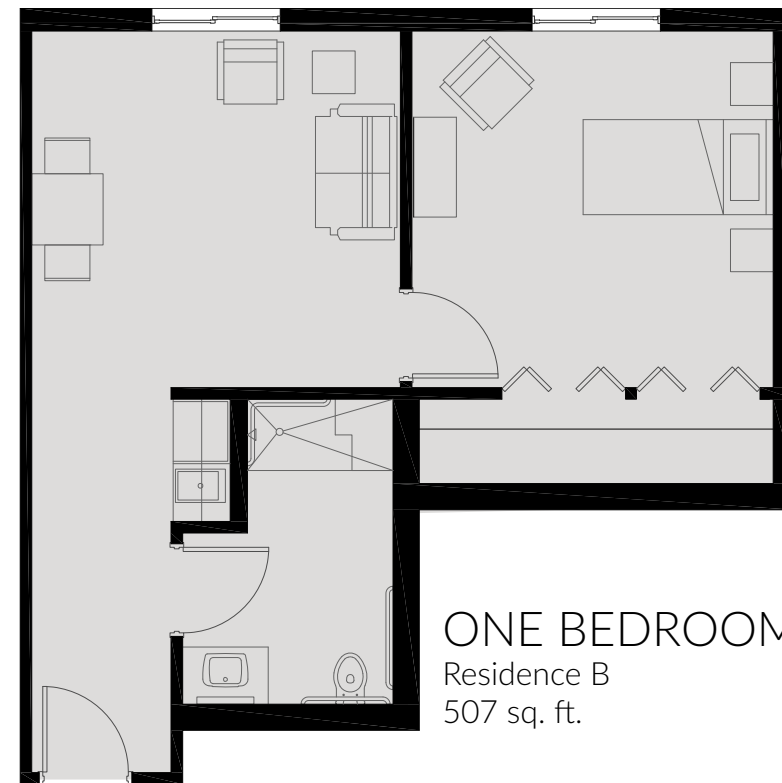
STUDIO
Residence A
337 sq. ft.



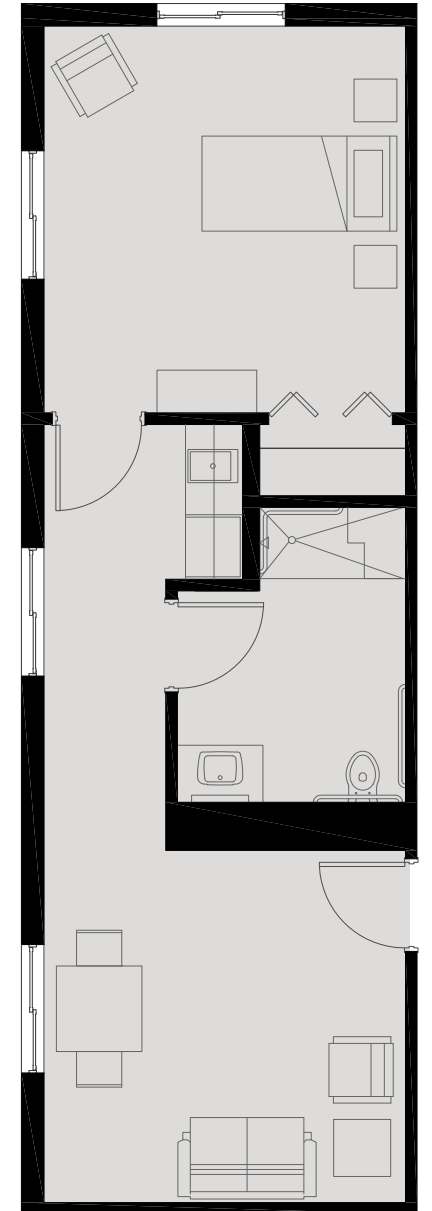
STUDIO
Residence B
352 sq. ft.



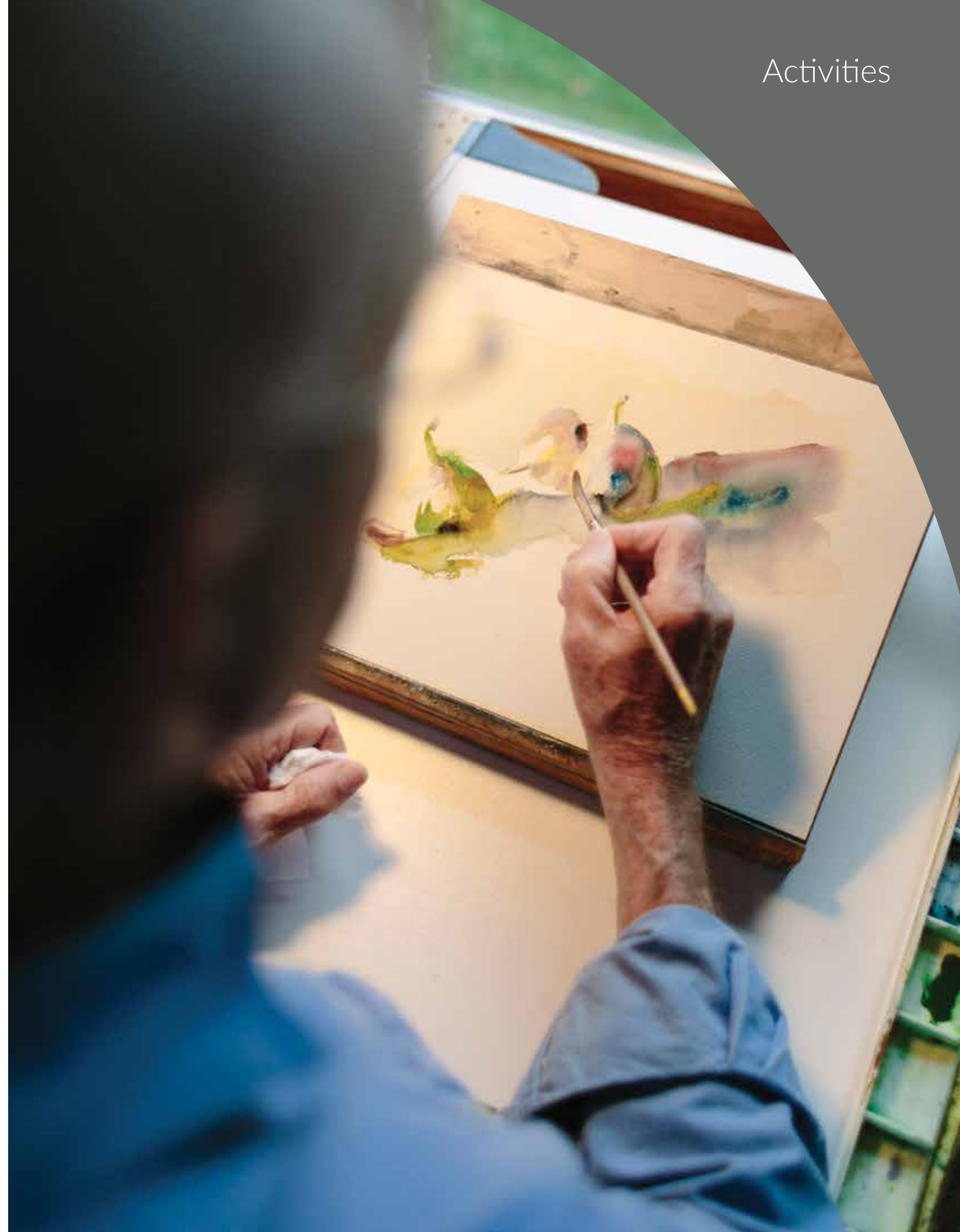
ONE BEDROOM
Residence A
556 sq. ft.



ONE BEDROOM
Residence B
507 sq. ft.



ONE BEDROOM
Residence C
499 sq. ft.



THE RESIDENCES
OF UNITED HOMECARE

9355 SW 158th Ave, Miami, FL 33196 | (786) 878-5140 | www.TourTheResidences.com



Busy bodies.

Activities at The Residences are much more than just bingo and birthdays. We offer diverse opportunities that allow residents to be creative, educated and entertained.

Our monthly calendar features unique programming and activities designed to enrich the mind, body and spirit.

Before our residents even move in, we get to know the things that they enjoy, so that we can create experiences that are engaging and inspiring. At The Residences, there's always something happening—whether it's for fun, for learning, or for promoting good health. There's a wealth of activities to choose from, including gardening, theater arts, social card games, movie nights, jewelry making, tai chi and yoga, and monthly speakers on health and wellness. There are plenty of weekly outings as well, such as trips to nearby grocery stores and malls, museums and other cultural destinations.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

There is always something happening at The Residences, with scheduled activities in the Activity Room, Lobby, Library, Garden Patio and Dining Room as well as local outings three times a week. Here is a sampling of our November calendar:

1 10:30 Exercise 1:30 Church 1:30 Dominoes 2:30 Denora's Piano 3:30 Library Hour 6:30 Movie	2 Election Day 10:30 Exercise 12:30 Trip to TARGET 1:30 Current Events 2:30 Dominoes 3:30 Meet in Library 6:30 Movie	3 9:30 Walking Club 10:30 Tai Chi 1:30 Bingo 2:30 Painting Class 3:30 Cultural Diversity 4:30 Drumming Circle	4 10:30 Chair Yoga 1:30 Meet the Dietician 3:00 Mind Games 3:30 Speaker: "Laughter is the best medicine" 4:30 Current Events	5 10:30 Walking Club 10:30 Tai Chi 12:30 Trip to WALMART 3:00 Bingo 3:30 Dominoes	6 10:30 Exercise 12:30 MALL TRIP 1:30 Dominoes 3:30 Speaker: "Diabetes and you"	7 10:30 Exercise 1:30 Bingo 3:00 Music 4:00 Fun! Fun! Fun! 6:30 Movie
8 10:30 Exercise 1:30 Church 1:30 Dominoes 2:30 Denora's Piano 3:30 Library Hour 6:30 Movie	9 10:30 Exercise 12:30 Trip to DOLLAR STORE 1:30 Current Events 2:30 Dominoes 3:30 Meet in Library 6:30 Movie	10 9:30 Walking Club 10:30 Tai Chi 1:30 Bingo 2:30 Painting Class 3:30 Cultural Diversity 4:30 Mind Games 6:30 Movie	11 Veteran's Day 10:30 Veteran's Day Celebration 1:30 Resident Food Council Meeting 3:30 Mind Games 3:30 Puttin' on the Skits 4:30 Library Hour	12 10:30 Walking Club 10:30 Tai Chi 12:30 Trip to PUBLIX 1:30 Dominoes 3:30 Current Events 6:30 Movie	13 10:30 Exercise 12:30 Trip to BARNES & NOBLE BOOKSTORE 1:30 Dominoes 3:30 Shabbat Service 6:30 Movie	14 10:30 Exercise 1:30 Bingo 3:30 Manicures 4:30 Dominoes 6:00 Movie
15 10:30 Exercise 1:30 Church 1:30 Dominoes 2:30 Denora's Piano 3:30 Library Hour 6:30 Movie	16 10:30 Exercise 12:30 Trip to TARGET 1:30 Greeting Cards 3:00 Music Therapy 6:30 Movie	17 9:30 Walking Club 10:30 Tai Chi 1:30 Bingo 3:00 Poetry Class 4:00 Mind Games 6:30 Movie	18 10:30 Chair Yoga 1:30 Resident Food Council Meeting 3:00 Meet the Activity Director 4:30 Bingo 6:00 Movie	19 10:30 Walking Club 10:30 Tai Chi 12:30 Trip to WALMART 1:30 Piano Music 3:30 Bingo	20 10:30 Exercise 12:30 LUNCH OUT 1:30 Library Hour 3:30 Shabbat Service 3:30 Dominoes 4:30 Mind Games	21 10:30 Exercise 1:30 Bingo 3:00 Grapes, Cheese and Crackers: Music & Fun 4:30 Library Hour 6:00 Movie
22 10:30 Exercise 1:30 Church 1:30 Dominoes 2:30 Denora's Piano 3:30 Library Hour 6:30 Movie	23 10:30 Groove Moves 12:30 Trip to DOLLAR STORE 1:30 Painting Class 2:30 Dominoes 5:00 BIRTHDAY BASH!	24 9:30 Power Walk 10:30 Tai Chi 1:30 Bingo 3:00 Cultural Connection 6:30 Movie Special	25 10:30 Chair Yoga 1:30 Resident Food Council Meeting 2:30 Kitchen Fun w/ Dave 4:00 Current Events 6:30 Movie	26 Thanksgiving 10:30 Gratitude Moves 1:30 Dominoes 3:30 Rummikub 4:30 Gratitude Dinner 6:00 Movie	27 10:30 Exercise 1:30 Bingo 3:30 Denora's Piano 4:30 Mind Games 6:00 Movie	28 10:30 Exercise 1:30 Dominoes 3:30 Manicures 4:30 Story Time 6:00 Movie
29 10:30 Exercise 1:30 Church 1:30 Dominoes 2:30 Denora's Piano 3:30 Library Hour 6:30 Movie	30 10:30 Groove Moves 12:30 Trip to TARGET 1:30 Bingo 3:30 Music Therapy 5:00 Movie					