

One
Fell
Swoop

IST

2025

NEW YORK
PROVIDENCE

8 - 18 SEPTEMBER
2025

BOSTON
SEATTLE

[ONEFELLSWOOP.COM.AU/IST2025](https://onefellswoop.com.au/ist2025)



IT'S ON!

Experience the latest innovations in retirement living, assisted living and care with One Fell Swoop's International Study Tour 2025 to the United States of America.

This year, we'll visit New York, Providence, Boston and Seattle to tour best-in-class retirement and care communities.

We'll learn about the American seniors living sector, tour communities and hear from experts in their field ranging from operations, marketing and sales, customer experience, technology and design. All of this while staying in high-end hotels and dining at celebrated restaurants.

Following many successful tours, IST2025 promises to deliver cutting-edge knowledge, first-hand experiences and valuable connections with the industry's most progressive leaders and thinkers. [It's time to get on board IST2025.](#)

Ten reasons to tour with us:

1. Understand the American seniors' living landscape
2. Visit award-winning communities
3. Explore different financial models and contracts
4. Discover the latest design trends
5. Experience intergenerational and integrated precincts
6. Learn about the world of Naturally Occurring Retirement Communities (NORC)
7. Delve into technology innovation
8. Understand customer motivations and market trends
9. Immerse yourself in American service culture — and how it applies to senior's living communities
10. Make new connections through networking

Take these valuable insights and innovative approaches back to your own communities, applying them to enhance existing offerings and shape the future of new developments.

U.S.A.



D.01

Monday 8 September
New York

Welcome to the Big Apple!

Our 10-day tour begins in vibrant New York City, home to iconic landmarks, world-class museums, bustling markets, luxury shopping, and an electrifying cultural scene. Settle into your stylish room at Public Hotel, or start exploring on our optional tour.

Optional tour 10am – 4pm

Whitney Museum, lunch, Hudson Yards Vessel and Edge tours - \$400

Morning exhibition

Whitney Museum

Immerse yourself in art at the renowned Whitney Museum, home to an impressive collection of contemporary American masterpieces.

Lunch

RH

RH in the Meatpacking District is a chic, design-forward restaurant offering an exquisite dining experience in an elegant setting. Enjoy a leisurely meal in the glass-enclosed rooftop space, a perfect retreat from the city buzz.

Afternoon tour

Hudson Yards

Hudson Yards is the city's newest neighbourhood and a dynamic hub of culture, shopping, dining, and architecture. First, we'll visit Vessel, an interactive landmark designed by Thomas Heatherwick. This stunning honeycomb-like structure invites you to climb its 154 intricately connected staircases for unparalleled city views and unique photo opportunities. Next, we ascend to Edge, the

highest sky deck in the Western Hemisphere. Suspended in mid-air at 30 Hudson Yards, Edge offers a thrilling experience with its glass floors and angled glass walls that make you feel as if you're floating above the city. Take in breathtaking 360-degree views and, if you dare, lean out over the skyline before toasting the morning with a glass of champagne. Feel free to continue exploring Hudson Yards afterwards, prior to attending Welcome drinks.

Welcome drinks

In the evening, we meet at Public Hotel, which is where we're staying. An iconic Ian Schrager, founder of original Studio 54, creation in the vibrant Lower East Side, its glowing, futuristic aesthetic and sleek, stylish design, sets the perfect tone for our time in New York.

Join us for welcome drinks on the rooftop, where you can soak in breathtaking views of the New York City skyline while meeting fellow delegates over delicious cocktails and sumptuous nibbles. It's the perfect way to start our journey together!

VISIT

Whitney Museum
Meatpacking District
Hudson Yards

EAT

RH
Welcome cocktail party –
Public Hotel

SLEEP

Public Hotel



D.02

Tuesday 9 September
New York

Exploring luxury senior living and ageing trends in New York

Today, we take a deep dive into senior living innovation in New York City, exploring how one operator, Sunrise Living, adapts its model across different communities. Our morning begins with an exclusive tour of The Apsley, a newly developed luxury senior living community, where we'll experience its high-end design, premium lifestyle offerings, and tailored contract options.

In contrast, we'll also visit Battery Park, an established Sunrise Living community, to see how a well-loved, older residence continues to deliver quality care and hospitality in an urban setting. By showcasing both the new and the established within the same operator, we'll explore strategic approaches to managing a diverse portfolio – an insight that directly applies to those navigating mixed stock within their own communities.

We also have the opportunity to meet with the New York Department for the Aging to learn about Naturally Occurring Retirement Communities (NORCs). This session will provide a valuable overview of the key trends, challenges, and policy approaches shaping senior living in New York.

It's an eye-opening day of learning, inspiration, and industry insights!

In the evening, enjoy a Broadway show, join us for an optional group dinner or feel free to explore the neon lit concrete jungle on your own.

Optional activities

- Broadway show - selection to be advised closer to the time - \$500
- Dinner at Le Coucou - \$450

VISIT

[The Apsley](#)
[Battery Park](#)
[New York Department
for the Aging](#)

EAT

[Optional group dinner
Le Coucou](#)

[Broadway Theatre
options to follow](#)

SLEEP

[Public Hotel](#)



Peconic Landing

D.03

Wednesday 10 September

New York

Exploring senior living on Long Island

Today, we venture beyond the city to explore two distinct senior living communities on Long Island.

We begin the day with a breakfast presentation from Perkins Eastman Architects, where we'll dive into the latest design trends shaping senior living communities. Their insights will provide valuable context for the communities we visit, highlighting how thoughtful design enhances both lifestyle and care.

Our next stop is Peconic Landing, New York's only equity-based Continuing Care Retirement Community. Peconic Landing has been named number one in wellness across North America and offers the benefits of resort-style amenities and a vibrant, independent lifestyle.

In the afternoon, we visit Sutton Landing, a luxury rental community offering elegant villas designed for active seniors. Ideally located near major roadways, top tier shopping, universities, and medical centres, Sutton Landing provides a unique blend of convenience and upscale living.

Through these visits, we'll compare different senior living models and gather inspiration for the evolving landscape of retirement communities.

VISIT

Perkins Eastman Architects

Peconic Landing

Sutton Landing

EAT

Group dinner — Butter Restaurant

SLEEP

Public Hotel



Sutton Landing at Cammock



Rhode Island in autumn

D.04

Thursday 11 September
New York to Providence

Travel, design and home care innovation

Today, we travel from New York to Providence by bus, making key stops along the way to explore senior living design and home care integration - all while enjoying the scenic coastline route.

We meet with Home Instead to understand the in home care landscape in America. Their team will also share strategies for addressing workforce challenges and ensuring high-quality care delivery.

Our next stop is at StoneRidge Senior Living. StoneRidge offers assistance-in-living, assisted living, memory care, skilled nursing and rehabilitation in one of the most attractive spots on the Connecticut coast.



StoneRidge Senior Living

Upon arrival in Providence, we'll check into The Beatrice Hotel, offering a luxurious retreat after a full day. In the evening, delegates can join an optional group dinner or explore the city's dining scene at their own pace.

A day of discovery, inspiration, and meaningful connections awaits!

Optional activities

- WaterFire - one of Providence's most iconic evening events
- Dinner at Bellini Restaurant (\$350)

VISIT

Home Instead

StoneRidge Senior Living

EAT

Optional group dinner –
Bellini Restaurant

SLEEP

The Beatrice Hotel



Brookdale Sakonnet Bay

D.05

Friday 12 September
Providence

Award-winning senior living and lifecare communities

Brookdale Senior Living is one of America's largest operators. We'll visit their Sakonnet Bay community and also gain insights about their approach to workforce recruitment, training and retention.

Next, we visit Atria Lincoln Place. We'll explore a vibrant senior living community offering independent living, assisted living, and memory care.

We'll learn about their personalised care plans, engaging daily activities, and amenities such as chef-prepared meals, a fitness centre, and beautifully landscaped outdoor spaces. The visit will provide insights into how Atria fosters a warm, active atmosphere where residents can thrive and maintain independence.

We'll also discover their award-winning programs designed to enhance quality of life and promote social connections among residents.

To conclude the day, we'll gather for a fine dining experience, offering the perfect opportunity to reflect, connect, and discuss key takeaways from our visits.

A deep dive into senior living innovation, from workforce strategies to financial models, capped off with an evening of fine dining and reflection awaits.

VISIT

[Brookdale Sakonnet Bay](#)
[Atria Lincoln Place](#)

EAT

Group dinner — [Persimmon](#)

SLEEP

[The Beatrice Hotel](#)



Atria Lincoln Place

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 08—18 SEPTEMBER 2025

D.06

Saturday 13 September
 Providence to Boston

Historic elegance and the journey to Boston

After a busy few days, you have a free morning to explore Providence at your own pace—whether that means visiting local attractions, enjoying a leisurely breakfast, or taking in the charm of this historic city.

We'll then board the bus to Boston, with a special stop to experience one of Newport's most iconic landmarks—The Breakers. This grand mansion, once the summer retreat of the Vanderbilt family, offers a fascinating glimpse into Gilded Age luxury and architectural splendour. As we explore its opulent interiors and stunning ocean front grounds, we'll reflect on the evolution of luxury living—both past and present—and how it continues to shape high-end senior living today.

After our visit, we continue on to Boston via the scenic route enjoying the colours of the changing seasons. We'll settle into

our accommodation at The Newbury Boston, and delegates can choose to join an optional group dinner or enjoy a free night to explore the city's rich history and renowned dining scene at their leisure.

A day of travel, culture, and inspiration as we transition to the next stage of our journey!

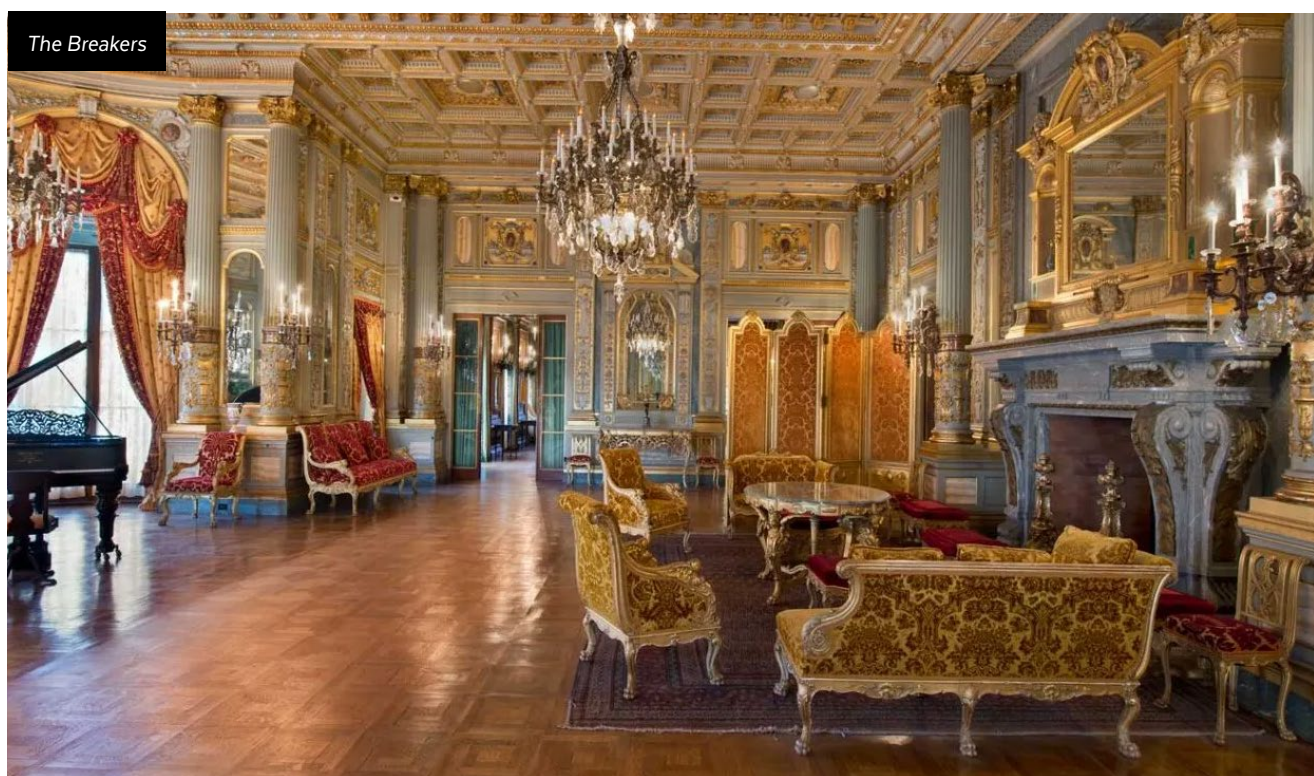
Optional activities

- Boston Harbour Sunset Cruise — \$200
- Dinner at Bistro Du midi — \$475

VISIT The Breakers

EAT Optional group dinner —
Bistro du midi

SLEEP The Newbury Boston



D.07

Sunday 14 September
Boston

Rest, explore and experience Boston

Today is all about rest, exploration, and soaking in the best of Boston at your own pace.

The Newbury Boston is a beautifully restored and re-imagined luxury hotel at the intersection of Newbury and Arlington Streets, where the bustle of the Back Bay is your playground. A popular shopping, dining and entertainment district, Newbury Street's beautiful 19th century brownstones are home to hundreds of retail locations and eateries.

Take the morning to relax and recharge, or venture out to explore the city's rich history and culture. Enjoy a self-guided tour of Harvard, wander through the world-class Museum of Fine Arts, or, for sports fans, experience the thrill of a baseball game at Fenway Park.

Whether you choose to unwind or dive into the city's iconic sights, today is a chance to enjoy Boston on your terms before the next exciting leg of our study tour!



The Newbury

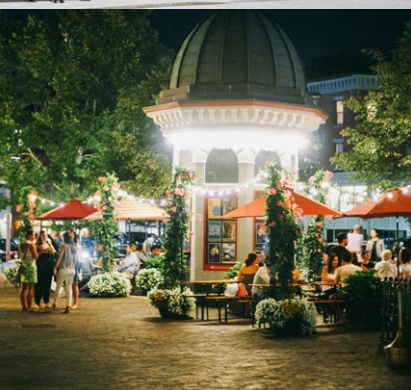
Optional activities

- Boston Red Sox v New York Yankees at Fenway Park — \$250
- Visit the JFK library, Museum of Fine Arts – Van Gogh: The Roulin Family Portraits and enjoy lunch — \$250
- Dinner at Asta Boston — \$400

VISIT Your choice!

EAT Optional group dinner — Asta Boston

SLEEP The Newbury Boston





NewBridge on the Charles

D.08

Monday 15 September
Boston

Innovation and community in ageing

We explore forward-thinking approaches to aging, community living, and sustainability. Our first stop is NewBridge on the Charles, a pioneering intergenerational campus where older adults, kindergarteners, and school-aged children share meaningful connections. We'll gain insight into their sustainability initiatives and how they foster a dynamic, inclusive environment.

Next, we visit 2Life's first senior's living community — Opus Newton. 2Life are known for their affordable housing for seniors, so there will be plenty of learnings as they enter the middle-market housing community for older adults, for the first time with Opus Newton.

We'll end the day with afternoon tea with the team from Beacon Hill Village. A trailblazer in the 'ageing in place' movement, their virtual lifestyle program empowers older adults to remain independent while staying socially engaged and supported within their communities.

We'll recap on the day with a group dinner at a fine dining establishment.

VISIT

[NewBridge on the Charles](#)
[Opus Newton](#)
[Beacon Hill Village](#)

EAT

Group dinner — [Pagu](#)

SLEEP

[The Newbury Boston](#)



Opus Newton



Seattle, WA

D.09

Tuesday 16 September
Boston to Seattle

Cross-country journey to Seattle

Today, we leave the historic streets of Boston and set our sights on the vibrant Pacific Northwest. A cross-country flight will take us to Seattle, a city known for its innovation, stunning waterfront, and rich cultural scene.

Upon arrival, settle into your room at 1 Hotel Seattle and then we'll regroup to hear from Concierge Care Advisors prior to enjoying a group dinner. Concierge Care Advisors support over 2,000 seniors across Washington state. They'll provide valuable perspectives on navigating senior living options and the role of technology in enhancing care and independence.

VISIT

[Concierge Care Advisors](#)

EAT

Group dinner — [Altura](#)

SLEEP

[1 Hotel Seattle](#)



1 Hotel Seattle

D.10

Wednesday 17 September
Seattle

Community, innovation and celebration
Today we visit Bayview Seattle, a dynamic senior living community. We'll start with a panel discussion featuring the leadership team, offering insights into their approach to aging, innovation, and resident engagement. Then, Bayview residents will guide us on tours, sharing first-hand experiences of life in this thriving community.

Next, we visit Aegis Madison. While not a new project, it showcases innovative thinking around Memory Care and has a great Sky Lounge.

We will also visit Era Living's Aljoya Thornton Place, a vibrant community where village charm meets contemporary living. Known for its focus on joy and wellbeing, Aljoya offers beautifully designed residences, excellent dining, and a range of services, all set within the thriving urban village of Thornton Creek. With easy access to restaurants, shops, theatres, and nature trails, it's the perfect example of blending city energy with a peaceful, community-oriented lifestyle.

In the evening, we'll come together for a memorable farewell dinner, celebrating the friendships, insights, and inspiration gained throughout this journey.

Tomorrow, delegates can depart from Seattle or extend their stay to explore the city at their leisure. Safe travels!

VISIT	<u>Bayview Seattle</u>
	<u>Aljoya Thornton Place</u>
	<u>Aegis Madison</u>
EAT	Final group dinner —
	<u>Atoma Seattle</u>
SLEEP	<u>1 Hotel Seattle</u>



Bayview Seattle - External



Bayview Seattle - Dining Room



GET ON BOARD

IST2025

How much will IST2025 cost?

Our 10 day Study Tour includes:

- 11 nights accommodation
- 7 x lunches
- 6 x dinners
- Internal flights, transfers, transport and some activities
- Approximately 16 different senior's living experiences

\$19,925 *

** Costs do not include international flights to and from the USA (or where you choose to leave from), transfer from your arrival airport to the hotel, optional extras or breakfast (we encourage you to explore local cafés and eateries). All prices are in Australian dollars.*

Payment terms

- 50% payable by 30 June 2025
- 50% payable by 30 July 2025

Please note these payments are non-refundable.

Optional extras

New York

- Whitney Museum, lunch and Hudson Yards tour — \$400
- Broadway show — \$500
- Dinner at Le Coucou — \$450

Providence

- Dinner at Bellini — \$350
- WaterFire

Boston

- Boston Harbour Sunset Cruise — \$200
- Dinner at Bistro du Midi — \$475
- Boston Red Sox v New York Yankees at Fenway Park — \$250 OR JFK Library, Museum of Fine Arts, Lunch — \$250
- Dinner at Asta — \$400

Your hosts

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**One
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Please note: At the time of publication, some items in this itinerary are still to be confirmed and are subject to change.



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