

We believe *life* should  
improve *with* age.

# Allow us to introduce ourselves.



We're Senior Resource Group—SRG. For over 30 years, we've been developing and operating award-winning senior living communities throughout the United States. Although we're known for our distinctive designs and innovative amenities, it's common knowledge to everyone who lives and works with us that SRG senior living communities are fueled by our passion. We're truly driven by the desire to create environments that enhance the quality of people's lives.

Our success is rooted in the idea of hospitality. But it goes beyond just being well mannered. We strive to take care of our residents and our employees in a way that brings the two together as one extended family.

We work tirelessly to anticipate the future. At SRG, our residents tell us everything we need to know about who they are and how they want to live; and their input guides us in everything we do.

Ultimately, the SRG lifestyle is all about choice and independence. It's about savoring the daily experiences of life and cherishing connections—now, and into the future.



# Your comfort is our passion.



We put people first in everything we do, from the day-to-day living experiences of our residents to creating the best communities and working environments possible.

And, while we pride ourselves on the daily delivery of quality service, it's the elevation of hospitality to a new level—an innovation we call Genuine Hospitality—that truly sets SRG apart. Our residents are neither guests nor strangers; they are the constant that defines our communities—where exceptional service is delivered by a dedicated group of people who truly believe our residents well-being and quality of life is their personal responsibility.

At SRG, our goal is to create comfortable, service-enriched environments that encourage residents to choose, to express themselves, and to live fully.

## A blueprint for living well.



At SRG, we embrace wellness as a way of life. Healthy living means so much more than just exercise and nutrition; it's a person-centered approach that focuses on meeting the needs of the individual as a whole. Ours is a comprehensive philosophy that addresses the physical, emotional, intellectual, social, spiritual, and vocational well-being of our residents.

We recognize that mind, body, and spirit are all interconnected, so we've made it our goal to strengthen those connections through a robust offering of supportive programs, services, and amenities. By taking a holistic approach to wellness, we can provide a customized program for

each individual that includes nutrition and fitness opportunities, exercise classes, preventative health workshops, wholesome dining options and the knowledge, resources, and motivation to create a personalized blueprint for living well. Additionally, we encourage community members to work together to set goals, support progress, and celebrate and reward achievement.

By integrating all six areas of wellness, SRG communities promote healthy living and encourage residents and staff alike to lead balanced, productive lives.

## When needs change, we're ready.



Our residents and their families will also find comfort in knowing that even if their needs change, their address doesn't have to. Should the necessity for care arise, they'll find a thoughtful and comprehensive menu of programs and services available on-site to meet their individual requirements today and tomorrow.

Here, a personalized program of care, provided in the comfort of their home, affords residents the freedom and independence to live life as they choose. And, as their needs may grow and change, our Director of Assisted Living and licensed professional staff are there to provide the services required to meet those needs each and every day. For those requiring specialized Alzheimer's Disease/Dementia care services, Enliven™—our creative and adaptive memory care helps residents feel more connected and as independent as possible by focusing on their strengths and abilities, not impairments.

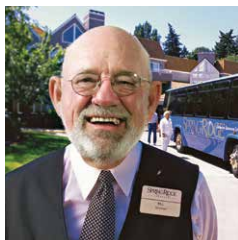
# Seeking a higher standard.



We take the health of our residents seriously, which is why we pursued accreditation. In 2004, SRG became the first major senior living provider in the U.S. to earn across-the-board accreditation of its eligible communities by the Commission on Accreditation of Rehabilitation Facilities, or CARF. Throughout North America and Western Europe, CARF is recognized as the leading independent accreditation body for providers of health and human services. Even though federal and state guidelines don't require licensed senior living communities to be accredited, we think it's an important distinction.

As part of our promise to you, SRG's accredited retirement communities will continue to voluntarily participate in CARF's accreditation process to ensure our programs and services maintain their measurable quality standards.

# More than a service. A privilege.



On a whole variety of fronts, from high tech to high touch, we do everything we can to engender a reassuring sense of comfort and understanding for our residents and their families as needs arise. We are honored to have the opportunity to make a difference in the lives of those we touch—our residents, their family members, and our employees.

We like to say that life should improve with age. After more than two decades in the business, it's certainly been true for us. It's our job to make sure our residents—and team members—feel the same way.

# Narrows Glen | A LIFE WELL LIVED



## Discover Narrows Glen.

Discover retirement living the way you always imagined it would be—a beautiful campus featuring distinctively designed residences, a host of convenient and supportive services and amenities, and a dedicated, professional staff available to meet your needs, daily.

It's a life well lived at Narrows Glen. Welcome.



## LAUGHTER. BALANCE. CREATIVITY. WELLNESS.

It's our model for vitality—a fresh approach to senior living. We surround our residents with an engaging blend of comfort, style, fine dining and social, recreation and wellness programs. Each day at Narrows Glen brings with it a new opportunity for inspiration, renewal, rejuvenation and learning.

### Explore your surroundings.

Located in the peaceful and charming port city of Tacoma, Narrows Glen sits on the edge of the West Slope neighborhood and boasts the area's best views of Puget Sound, the Olympic Mountains and sunsets over Narrows Bridge. Discover all of the arts, entertainment and cultural options the city has to offer. Hear the latest from the Tacoma Symphony Orchestra. Indulge in farm fresh produce at the 6th Avenue Farmers Market, explore the 340-acre Fort Steilacoom Park or take a scenic adventure down State Hwy. 410 to see the dramatic beauty of Mt. Rainier.

It's all here, waiting for you to discover.

### What's next? A leisurely, relaxed lifestyle.

With life so full of choices, you can take your time and explore. This is retirement living, redefined.

When a day can take you to an Art class, a chat with the Chef on the latest culinary experiences, Skyping with the grandkids and an afternoon concert, that's a very good day. Or maybe meet up for a quick bite at your choice of the many waterfront restaurants or stay fit and flexible taking the latest exercise class. Where will the day take you?

At Narrows Glen, you can do it all, in style. And you can leave the driving to us. Our transportation service provides you the convenience of curb service to many of the popular locations and destinations nearby.

It's the newfound ease of living a maintenance-free life in the midst of everything you love. And the assurance that tomorrow's care needs can be managed for you, right here at home.





### Your personal sanctuary.

Choose your place from a variety of studio, one-bedroom and two-bedroom residences. Narrows Glen brings you stylish interiors and inviting living spaces offering luxurious yet comfortable living. With these distinctively designed floor plans—all you have to do is choose one.

### Wellness — A way of life.

Whether you're active and on the go, or need some help with the activities of daily life, Narrows Glen provides a variety of lifestyle options to meet your needs now, and in the future. Our licensed Assisted Living program offers three delicious meals daily, medication management, help with daily activities, the peace of mind of 24-hour staffing plus the services of Independent Living. In addition, our creative and adaptive memory care program provides individualized attention in a secure, residential environment.

### Seeking a higher standard.

At SRG, we take the health of our residents seriously, which is why we pursued accreditation. In 2004, SRG became the first major assisted living provider in the U.S. to earn company-wide accreditation for all of its eligible communities by the Commission on Accreditation of Rehabilitation Facilities, or CARF. Accreditation means we perform at our very best every day, and serves as a clear signal to consumers that SRG communities provide the highest quality of care and service.

### SRG — Who we are. What we do.

We are committed to making you the center of our attention. This philosophy is our pledge to Genuine Hospitality. By creating comfortable, service-enriched communities, we hope to encourage residents to choose, to express themselves, to live life fully. We are honored to have the opportunity to make a difference in the lives of those we touch—our residents, their family members, and our employees. Delivering on our promise of Genuine Hospitality isn't just our job, but rather, our privilege.

### Your Comfort. Our Privilege.

Today, you have the opportunity to blend independence and peace of mind into an affordable lifestyle that meets your unique needs. Available on a monthly fee basis, Narrows Glen offers an impressive range of comforts and conveniences to simplify your life and enrich your lifestyle.



# WELL-BEING THAT'S, WELL, *FUN*



The idea behind our innovative, engaging wellness program, **ZEST™**, is pretty simple: bringing healthy, positive balance to the Mind, Body and Soul with a wealth of personalized, enriching experiences. From trying something for the first time to exploring passions old and new, ZEST is all about energy. Because when we feel energized and happy, we enjoy life more every day.

ZEST inspires the mind through creative and intellectual expression. We work to keep the body in tune through daily motion and attention to nutrition. With our plant-based and whole-food focused FreshZest™ dining options, it is easy to enjoy fine dining AND make small but impactful lifestyle changes. And for the soul, our approach is as social as it is spiritual—personal connection, a bit of purposeful reflection and plenty of carefree interaction. Actually, it can be as simple as taking a moment to breathe.

Contact us today to learn how ZEST can bring more well-being to your daily life.



## Narrows Glen

**INDEPENDENT AND ASSISTED LIVING • MEMORY CARE RESIDENCES**

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EQUAL HOUSING OPPORTUNITY

AN SRG SENIOR LIVING COMMUNITY

LICENSE #2385







## MORE THAN “JUST” WELLNESS

We believe that wellness is a key factor in living your best life, longer. That’s why our ZEST wellness program takes an evidence-based, 360-degree approach to well-being that draws from best practices from a range of disciplines, like medicine, psychology, behavioral science, as well as SRG’s more than 30 years of experience in senior living.

Led by Dr. Sarah Cunningham-Matyko, OTD, OTR/L, CDE, CPT, SRG’s Director of Life Enrichment, ZEST is designed to help our residents feel their best every day. And even more, with the help of a dedicated on-site team, residents can benefit from preventive health strategies that promote well-being not only today, but in the long term.

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## ENJOY YOUR ZEST

Because wellness is an individual journey, ZEST offers a wide range of experiences for the Mind, Body & Soul—three pillars of wellness that we believe are vital and interconnected. Whatever your preferences and needs, with ZEST you’ll find it easy and fun to cultivate a rich life of meaning, connection, fulfillment, and purpose.

These are just a few experiences waiting to be discovered:

- *Going back to school* with our Lifelong Learning university seminars.
- *Tasting how delicious* health can be with our FreshZest menu options.
- *Putting a dynamic new spin* on cycling with an energizing spinning class.
- *Enjoying Happy Hour* filled with personable conversation and new friends.





# You're always in the loop with LifeLoop

## Connected to life, family, and each other.

LifeLoop helps residents and family members communicate, share experiences, and stay connected and involved in each other's lives on a daily basis. As a resident, you can easily connect with other residents to discover interests and hobbies, share photos, and invite friends to join you in an activity—using your phone, tablet or computer.

Family members can join in, sharing photos, sending messages and seeing what you have been up to lately. LifeLoop offers families added comfort by sharing weekly updates on their loved ones' activity engagement and assisting with meeting their needs from anywhere at any time.

Best of all, our team can walk you through setup and provide any support you need, so you can enjoy trying something new without the worry.

Keeping everyone in the loop. It's just another way life at an SRG community makes every day better.

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## Narrows Glen | CONTINUUM OF CARE



### **Our Focus is on Your Well-being.**

Narrows Glen offers a continuum of care designed to provide comfort, convenience, and peace of mind—now and in the future. Here, you'll enjoy health, wellness and supportive services that allow you to live a vibrant and enriched lifestyle. We tailor care to meet your unique needs and preferences to maintain optimum health when you are well—and personalized care options if you are not. You'll have access to a host of health and well-being services and resources, plus licensed assisted living and memory care, if the need arises.



### Wellness Made Easy.

At Narrows Glen, residents can benefit from a comprehensive array of personalized health and wellness programs and services. Here, residents can access routine health monitoring services, self-directed wellness programs and a host of resources and educational programming.

### In-residence care services.

You've got choices. Whether you opt for a private attendant or agency, you can receive personalized care services and assistance with activities of daily living in the privacy of your independent living residence.

### Assisted Living.

Narrows Glen delivers beautifully crafted, personal and supportive care. You see it in a warm smile and a helping hand. You see it in our innovative programs and services and in the dedication of our professional, welcoming staff. We call it person-centered care—from help with daily activities and managing medications to our 24-hour emergency call system. This is living, fully supported.

### Memory Care.

Narrows Glen's memory care offers a life full of engagement and inspiration in a caring and supportive environment. Our person-centered approach to care is tailored to meet your loved one's changing needs. You'll find residences, complete with individualized care and the integration and support of family members. Friendly, welcoming and relaxed.

# Narrows Glen | SERVICES AND AMENITIES FOR INDEPENDENT LIVING

## Services Included in the Monthly Fee

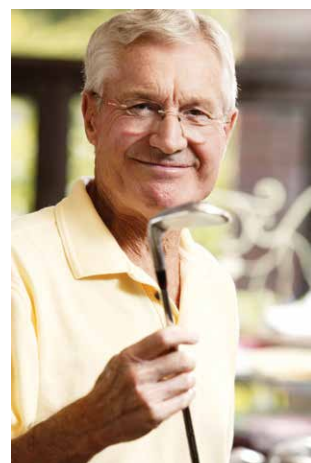
- Three delicious meals daily
- Weekly housekeeping
- All utilities (except phone) including basic cable TV
- 24-hour staffing and emergency call system
- Scheduled group transportation
- Social, cultural and recreational programs and activities
- Interior and exterior maintenance of all common areas, residences and grounds

## Features of Your Independent Living Residence

- Studio, one- and two-bedroom floor plans with spacious, private bath
- Color-coordinated floor and window coverings
- Individual heating climate controls
- Fire and smoke detectors and sprinkler system

## Community Features and Amenities

- Restaurant-style dining
- Beauty/Barber salon
- Health and fitness center
- Putting green
- Activity/Game Room
- Library
- Landscaped grounds, walking paths and comfortable patio seating areas



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# Narrows Glen | SERVICES AND AMENITIES FOR ASSISTED LIVING

## Services Offered with Your Assisted Living Residence

- Delicious breakfast, lunch and dinner dining choices
- Help with daily activities, including bathing, dressing and grooming
- Assistance with managing medications
- Licensed nurse on staff
- Weekly housekeeping
- Weekly flat linen laundry service
- 24-hour staffing and emergency call system
- All utilities (except phone) including basic cable TV
- Scheduled group transportation
- Social, cultural and recreational programs and activities
- Interior and exterior maintenance

## Features of Your Assisted Living Residence

- Studio, one-and two-bedroom floor plans with spacious, private bath
- Color-coordinated floor and window coverings
- Individual heating climate controls
- Security features including safety grab bars in shower, smoke detectors and sprinkler system

## Community Features and Amenities

- Restaurant-style dining
- Beauty/Barber salon
- Health and fitness center
- Putting green
- Activity/Game Room
- Library
- Landscaped grounds, walking paths and comfortable patio seating areas



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# Narrows Glen | SERVICES AND AMENITIES FOR MEMORY CARE

## Services Offered with Your Memory Care Residence

- Three family-style meals served daily
- Help with daily activities, including bathing, dressing and grooming
- Assistance with managing medications
- Licensed nurse on staff
- Weekly housekeeping and flat linen laundry service
- All utilities (except phone) including basic cable TV
- 24-hour staffing and emergency call system
- Adaptive memory care helps residents feel connected
- Activity programming that maximizes independence while focusing on strength and abilities
- Scheduled group transportation
- Interior and exterior maintenance of all common areas, residences and grounds

## Features of Your Memory Care Residence

- Studio floorplans with private bath and shower
- Color-coordinated floor and window coverings
- Individual heating climate controls
- Security features including safety grab bars in shower, smoke detectors and sprinkler system

## Community Features and Amenities

- Family-style dining
- Family activity centers
- Routine wellness reviews
- Secured, residential environment
- Enriched community life to help residents live comfortably and successfully within their capabilities
- Specially-designed common areas and outdoor courtyard



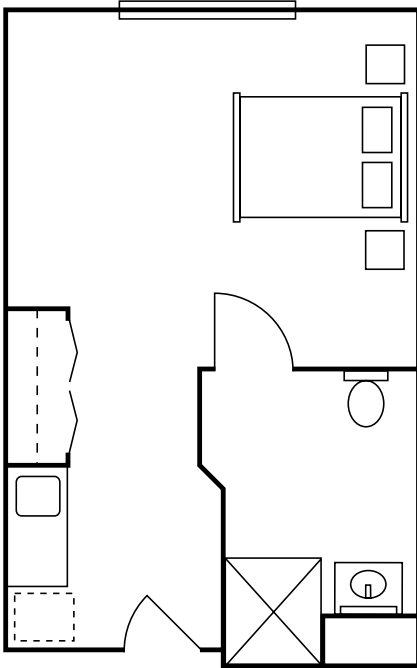
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# Narrows Glen

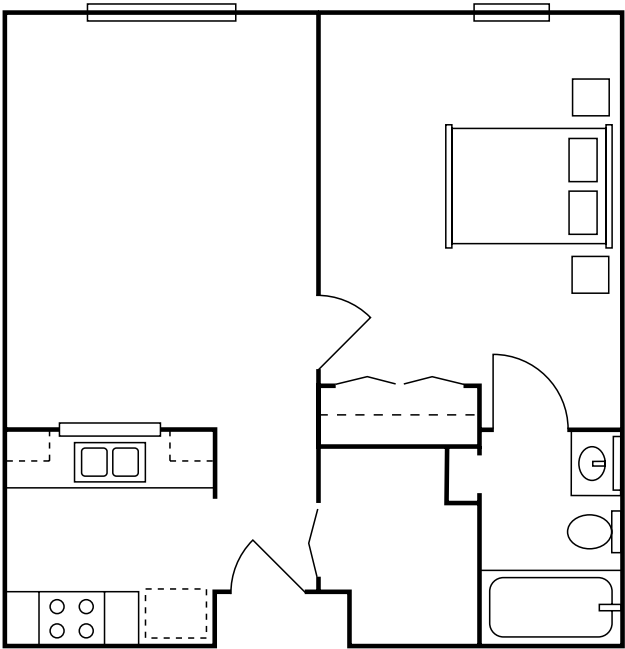
## FLOOR PLANS

Studio, One and Two Bedroom Residences

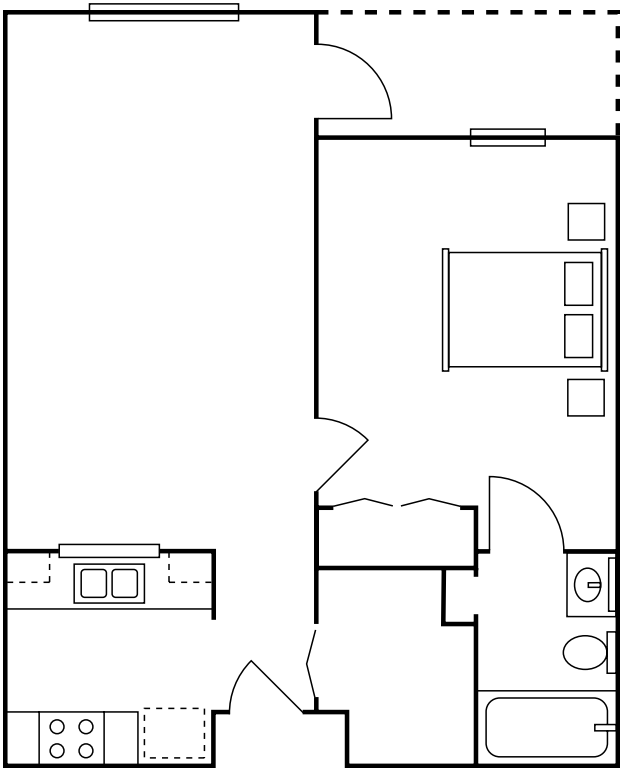




**Studio, One Bath**



**One Bedroom, One Bath**

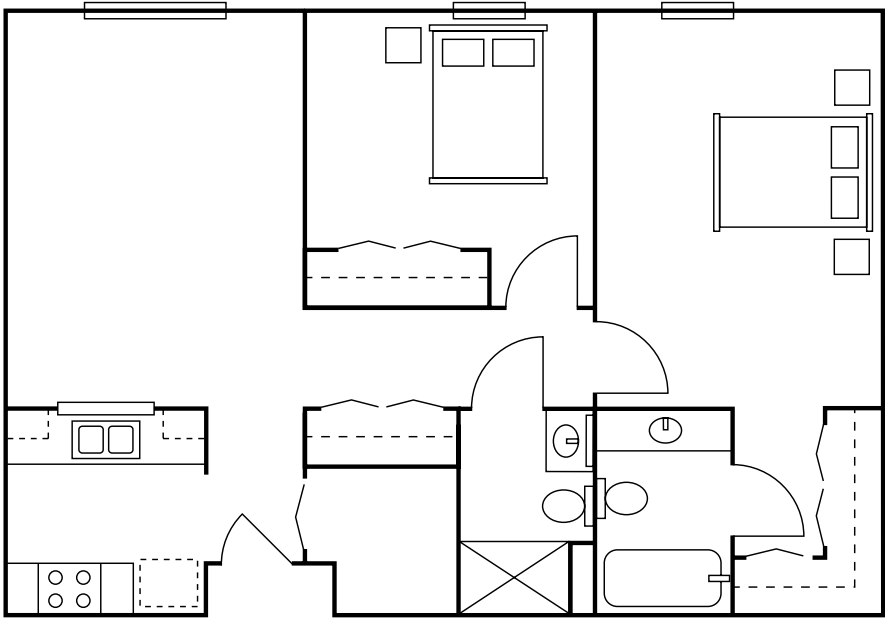


**Large One Bedroom,  
One Bath**

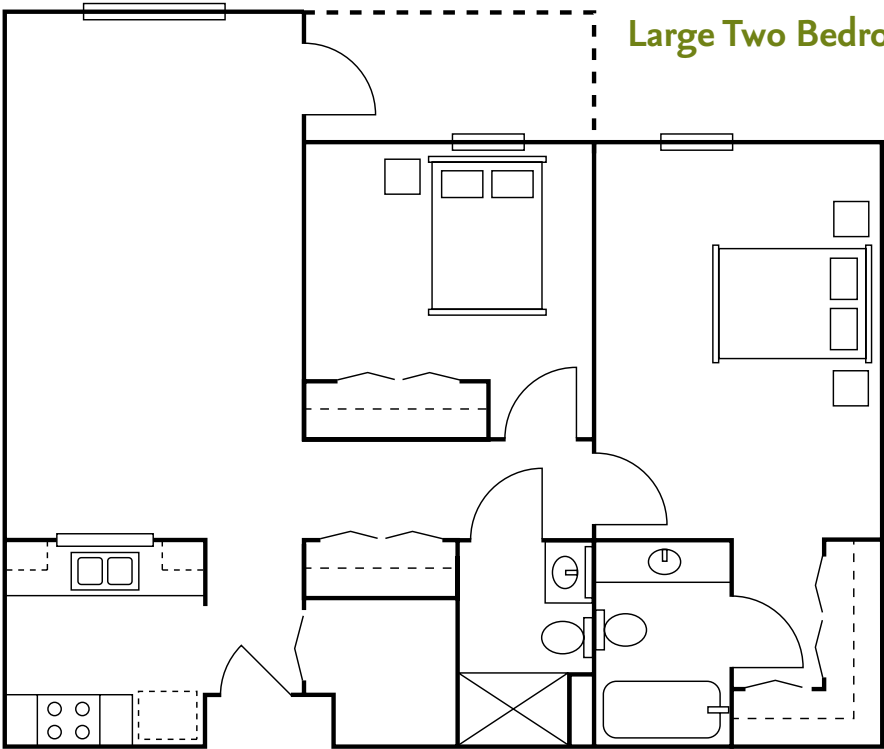
Floor plans are representative; actual square footage, dimensions and details may vary.



Two Bedroom, Two Bath

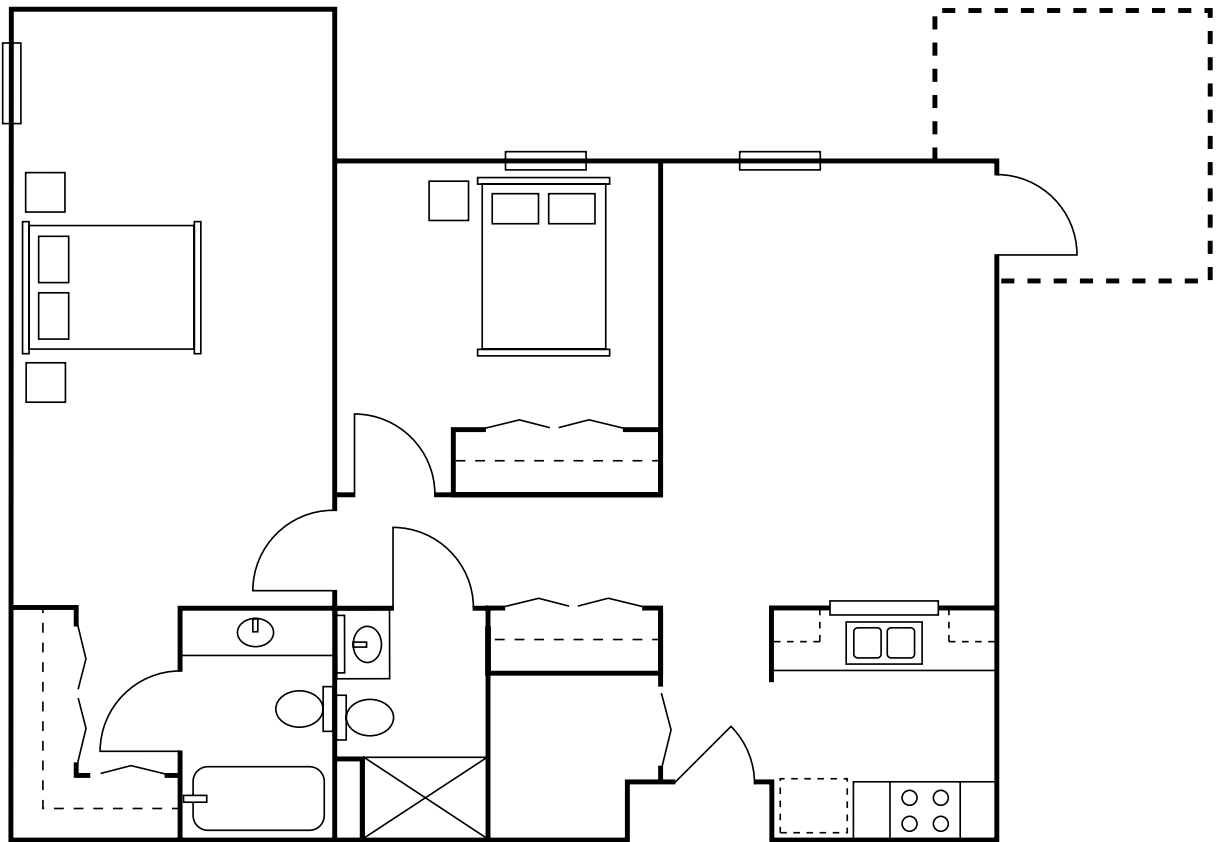


Large Two Bedroom, Two Bath



Floor plans are representative; actual square footage, dimensions and details may vary.

## Two Bedroom Corner, Two Bath



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# Narrows Glen | SCHEDULE OF FEES

## NARROWS GLEN INDEPENDENT LIVING RESIDENCES

Plan	Residence Type	Square Footage	Monthly Fee
C3	One Bedroom, One Bath	600	from \$3,965
C4	Large One Bedroom, One Bath	660	from \$4,205
D2	Two Bedroom, Two Bath	900	from \$5,590
D3	Large Two Bedroom, Two Bath	960	from \$5,265

Second Person Fee: \$850/month

One-time Service Initiation Fee: One Month's Residence Fee

## ASSISTED LIVING RESIDENCES

Plan	Residence Type	Square Footage	Monthly Fee
C3	One Bedroom, One Bath	600	from \$5,410
C4	Large One Bedroom, One Bath	660	from \$5,505
D2	Two Bedroom, Two Bath	800 - 900	from \$5,975
D3	Large Two Bedroom, Two Bath	960	from \$6,130

Level I Care.....add \$1,050/month

Level II Care.....add \$1,800/month

Level III Care.....add \$2,550/month

Second Person Fee: \$850/month (without Assisted Living care)

One-time Community Service Fee: One Month's Residence Fee

Rates effective January 1, 2022. Subject to change without notice.

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# Narrows Glen | SCHEDULE OF FEES

## LAUREL HOUSE SENIOR LIVING RESIDENCES

Plan	Residence Type	Square Footage	Monthly Fee
A1	Studio, One Bath	325	from \$3,340
A4	Large Studio, One Bath	435	from \$4,710
C2	One Bedroom, One Bath	540	from \$5,505
D2	Two Bedroom, Two Bath	875	from \$6,290

Second Person Fee: \$850/month

One-time Community Service Fee: One Month's Residence Fee

## ASSISTED LIVING CARE

Level I Care.....add \$1,050/month

Level II Care.....add \$1,800/month

Level III Care.....add \$2,550/month

Second Person Fee: \$850/month (without Assisted Living care)

One-time Community Service Fee: One Month's Residence Fee

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# Narrows Glen | SCHEDULE OF FEES

## LAUREL HOUSE

### MEMORY CARE RESIDENCES (Level I Care Included)

Residence Type	Square Footage	Monthly Fee
Private Studio, One Bath	325	from \$7,990

Level II Care.....add \$1,000/month

Level III Care.....add \$1,800/month

Second Person Fee: \$850/month

One-time Community Service Fee: One Month's Residence Fee

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