



Never Stop Growing At The Sequoias

SEQUOIA
LIVINGSM

The Sequoias
San Francisco

MEET OUR RESIDENTS



They shop, they cook, they clean up – I just show up. How great is that! Moving to The Sequoias was one of the better decisions I have ever made.

-Richard Williams

Life at The Sequoias is filled with joyous moments and meaningful experiences – deepening friendships with cherished fellow residents, rich conversations, life-affirming activities and caring and professional staff and administration. I never expected or anticipated that life in this chapter of my life would be so gratifying and fulfilling.

-Betty J. Carmack

Friendly residents and staff, welcoming atmosphere, ideal city location for walking and transit, great views, spacious apartments, wonderful public areas and gardens, lots of varied activities and events for residents, and healthy delicious meals.

-David Abercrombie

I have always recognized the value of community but underestimated it with relationship to the aging process. For me, it's the most important reason to choose a place like The Sequoias.

-Judi Kanter

We moved to The Sequoias 4 years ago, into a welcoming group of fellow residents. Last year, my wife passed away after a short illness. She received the best care possible. The friends I have made here and a very dedicated staff, have played a decisive role in helping me adjust to a new life.

-Ron Kay

The thing I like about living here is if you don't want to see anybody you don't have to leave your apartment. And if you do, there's plenty of people around. It's like living in a dorm but more privacy.

-Mei Ling



CONTRACT OPTIONS

**The Sequoias San Francisco offers several contract options.
Choose the one that's right for you.**

Continuing Care Preferred Contract

When you select this contract option, your monthly fees will increase as your need for care increases. Independent living monthly fees are lower and increase if you need services provided in assisted living, memory care, or skilled nursing. Fees in these higher levels of care will be discounted 10% off the market rate and may be covered, in part, if you have long-term care insurance.

Continuing Care Contract

This contract option is designed to increase your monthly fees as your need for care increases. Monthly fees in independent living are lower and increase if you need services provided in assisted living, memory care, or skilled nursing. Fees in these higher levels of care will be charged at market rates and some fees may be covered by your long-term care insurance.

50% Repayment Option

Versions of both contract types are available with a 50% repayment option. This version is a great choice for people who want to benefit their estate.



Fee Schedule

CONTINUING CARE PREFERRED

Residence Type	Single Monthly Fee Starting At	Double Monthly Fee Starting At	Entrance Fee Starting At	Entrance Fee 50% Rebate Starting At	Second Person Entrance Fee
Garden Court Studios	\$4,478	N/A	\$202,400	\$309,300	N/A
Tower Studios	\$4,653	N/A	\$220,000	\$336,200	N/A
One Bedrooms	\$5,425	\$7,975	\$273,900	\$309,100	2nd person \$35,200
Two Bedrooms	\$6,787	\$9,303	\$430,300	\$657,600	2nd person \$35,200

CONTINUING CARE

Apartment Type	Single Monthly Fee Starting At	Double Monthly Fee Starting At	Entrance Fee Starting At	Entrance Fee 50% Rebate Starting At	Second Person Entrance Fee
Garden Court Studios	\$4,478	N/A	\$184,000	\$281,200	N/A
Tower Studios	\$4,653	N/A	\$200,000	\$305,700	N/A
One Bedrooms	\$5,425	\$7,975	\$248,700	\$380,100	2nd person \$32,000
Two Bedrooms	\$6,787	\$9,303	\$391,100	\$597,700	2nd person \$32,000

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Through the payment of an Entrance Fee (a non-equity agreement) and Monthly Fee, The Sequoias-San Francisco provides freedom from the responsibilities of home ownership in addition **to a potential tax advantage in the form of a pre-paid medical expense deduction.** Certain age & other restrictions apply. Please consult your tax advisor. RCFE License No. 380500593 COA 097 Revised 3/1/2024.

Monthly Fee Option

April 1, 2024 to March 31, 2025

At The Sequoias San Francisco, we offer flexibility for your lifestyle. No longer do you have to wait for a home to sell or cash out investment accounts to secure an apartment in a luxury community. For an all-inclusive monthly fee, you can receive virtually the same services and amenities as other contract types offered by Sequoia Living. This residency agreement enables you to pay for healthcare services if and when you need them. You are not required to prepay for future medical care.

Enjoy your selected apartment, meals, transportation, 24/7 staff, fitness classes, housekeeping, and maintenance services.* You choose how long you'd like to live at The Sequoias. However, if you are like most of our residents, you will feel right at home for many years to come. And when you are ready to sign a long-term contract, we will be right here waiting.

MONTHLY SERVICE FEE	
Apartment Type	Monthly Fee Starting At
Garden Court Studios	\$6,939
Tower Studios	\$7,213
One Bedrooms	\$8,409
Two Bedrooms	\$10,469



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*Some restrictions may apply. Prices vary and are subject to change. RCFE License No. 380500593 COA 097 Revised 3/1/2024.



Services and Amenities

Dining

- Full Service Dining
- Meal Choices
- Take-out Service Available

Housekeeping

- Housekeeping & Linen Service

Fitness and Wellness

- Fitness Center
- Wellness Lectures & Programs
- Exercise, Balance & Yoga Classes
- Two Levels of Private Gardens
- Rooftop Deck

Activities

- Education Programs
- Art Gallery and Receptions
- Art, Game and Billiard Rooms
- Woodworking and Sewing Rooms
- Van for Outings 5 Days/Week

Library

- 5,000+ Collection of Books
- Wide Selection of DVDs, Magazines, and Newspapers

Gift Shop

- Vintage and Thrift Items
- Greeting Cards
- Personal Care Items
- Snacks

Beauty Salon

- Beauty Salon for Men and Women (additional fee)

Other Services & Amenities

- Utilities
- 24-Hour Emergency Call System in Each Apartment
- Individual Heating Temperature Control
- Enclosed Parking (*additional fee*)
- Digital TV Screens for Daily Activities
- 1,800 sq. ft. Dog Park

Continuing Care Contract

Additional fees may apply

- On-Site Physicians
- Memory Care Support
- Skilled Nursing
- Assisted Living
- Clinic with Nursing Services
- Rehabilitation Center



HEALTH & WELLNESS



At The Sequoias, you can choose from a wide range of exercise classes encompassing all aspects of fitness, from stretching and cardiovascular strength, to balance and resistance training.

Our fitness classes are taught by certified instructors and are designed to help adults maintain their cardiovascular health, strength and flexibility. Enjoy the benefits of working out in a group.

A Sequoias Total Body Workout

- Fitness center with personal assessment
- Exercise classes for all levels of fitness
- Yoga, Tai Chi, and stretching classes
- Weekly walking trips
- Wellness lectures, workshops and group meditation



Our Sequoias fitness team places a high priority on ensuring that the health and wellness experience is relaxing and enjoyable to all the senses. It's all part of our focus on enriching the aging experience in every way we can.



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DINING EXPERIENCE



At The Sequoias, dining includes a tempting array of fresh and healthy choices. Enjoy the impeccable table service of our dining room staff. We offer dining plans with three meals a day or choose our one meal a day option. You're always free to take away a meal to enjoy in your residence.

Dining is better together. Enjoy meals with friends and invite family to join you. At The Sequoias, we focus on healthy and joyful aging. Our Chef knows good nutrition is essential to your health and strives to create the best options for your taste.

Amenities Abound

- Full service dining
- Three meals daily, or flexible meal plan
- Patio for outdoor dining
- Gluten-free and vegan options are available



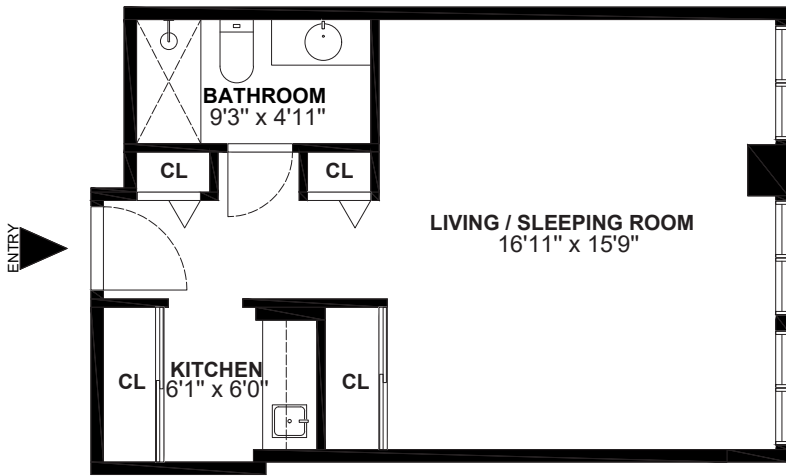
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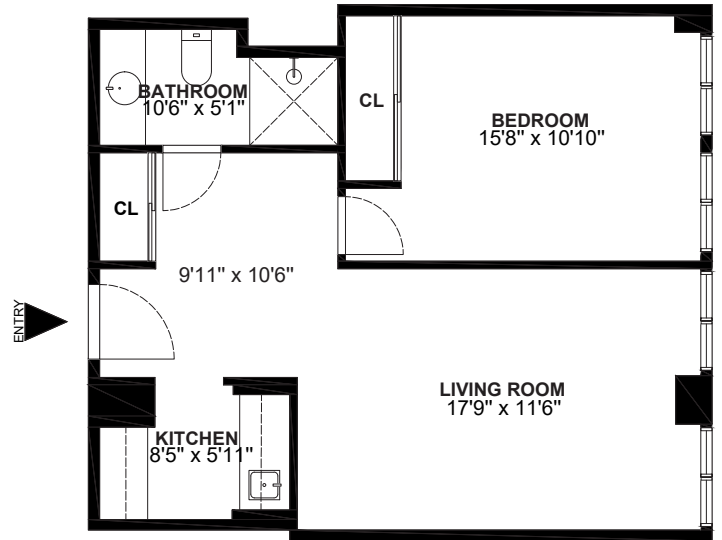
The Sequoias San Francisco Floor Plan Examples

STUDIO



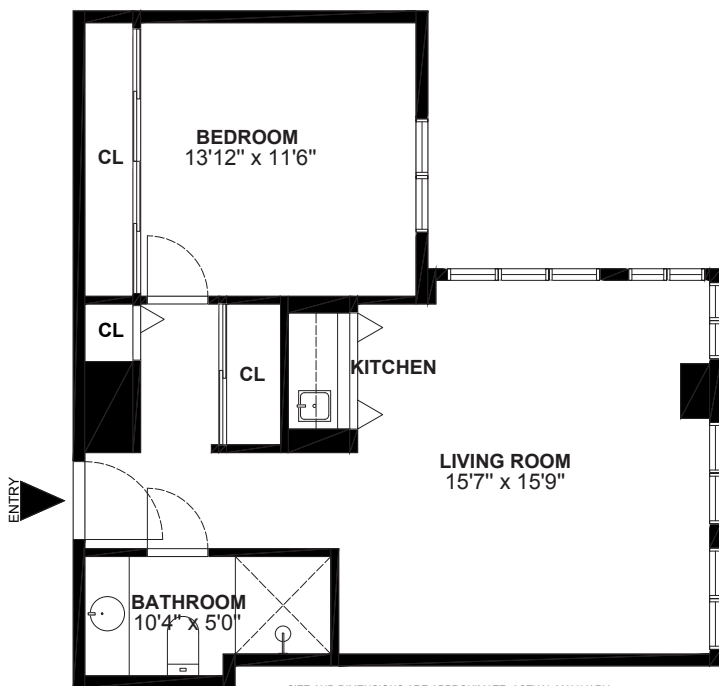
SIZE AND DIMENSIONS ARE APPROXIMATE, ACTUAL MAY VARY

ONE BEDROOM



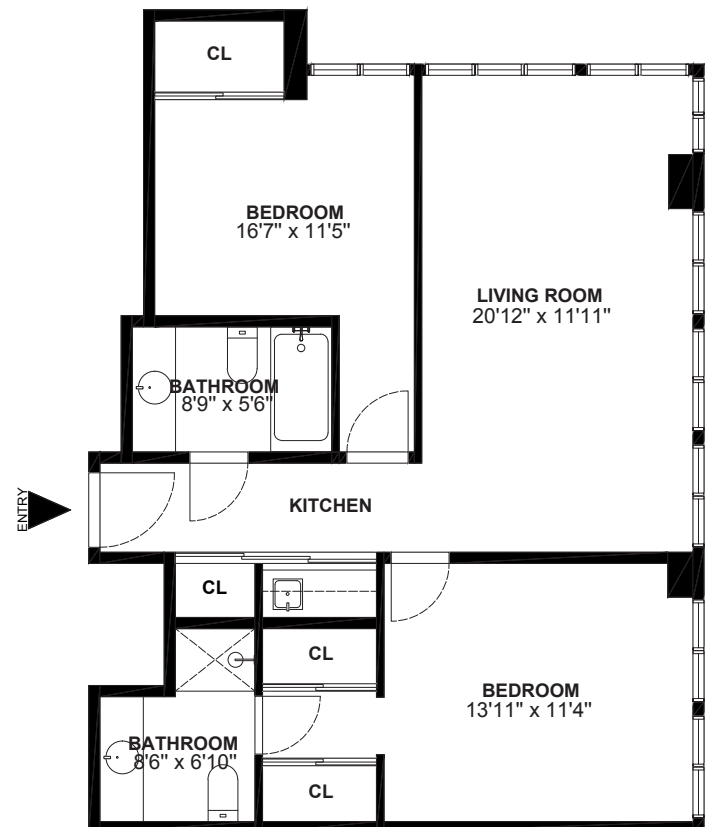
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ONE BEDROOM



SIZE AND DIMENSIONS ARE APPROXIMATE, ACTUAL MAY VARY

TWO BEDROOM



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