

MEET OUR RESIDENTS



The community is beautiful, and it's a lovely location. I am most impressed with the number of activities and spiritual care.

- Vera G.

I had a sense of relief that I knew where I was going to be, and that took a load off my mind knowing that I would be taken care of.

- Michael G.

I am free from a huge house. I am unburdening myself from 'things' in life and switching to people in life.

- Vicky P.

We moved to The Tamalpais because we need more resources and we don't want to be dependent on our children.

- Jackie Sue J.

I did not like having to drive to the city to the opera, the ballet, or the symphony. At The Tamalpais, we have a shuttle that will do that. Door-to-door service is perfect!

- Judy G.

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.

- May Lynne L.



CONTRACT OPTIONS

**The Tamalpais Marin 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. Standard independent living monthly fees only 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. Base monthly fees in independent living only 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

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
Studio	\$4,833	N/A	\$130,100	\$197,200	N/A
Jr One Bedroom	\$5,255	\$8,018	\$263,000	\$398,600	\$28,000
One Bedroom	\$5,536	\$8,298	\$345,400	\$523,500	\$28,000
One Bedroom + Den	\$6,764	\$9,527	\$693,700	\$1,015,150	\$28,000
Two Bedroom	\$7,053	\$9,816	\$601,800	\$912,200	\$28,000

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
Studio	\$4,833	N/A	\$117,900	\$178,700	N/A
Jr One Bedroom	\$5,255	\$8,018	\$238,900	\$264,400	\$25,500
One Bedroom	\$5,536	\$8,298	\$313,500	\$475,200	\$25,500
One Bedroom + Den	\$6,764	\$9,527	\$630,000	\$945,900	\$25,500
Two Bedroom	\$7,053	\$9,816	\$546,800	\$828,800	\$25,500

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Through the payment of an Entrance Fee (a non-equity agreement) and Monthly Fee, The Sequoias-Tamalpais Marin 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. 210102761 COA 099 Revised 3/1/2024.

Monthly Fee Option

April 1, 2024 - March 31, 2025

At The Tamalpais Marin, 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 when and 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 Tamalpais. 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 Range
Studio	\$8,072
Jr One Bedroom	\$8,776
One Bedroom	\$9,246



The Tamalpais
Marin

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*Some restrictions may apply. Prices may vary and are subject to change. RCFE License No. 210102761 COA 099 Revised 3/1/2024

Services and Amenities

Dining

- Full Service Dining
- Three Meals Daily
- Flexible Meal Plan Option
- Gluten-Free Menu Choices
- Carry-Out Service
- Gourmet Dinners with Wine Pairings*

Housekeeping

- Housekeeping & Linen Service

Fitness and Wellness

- Multi-level Fitness Classes for physical and social well-being
- Cardiovascular, Strength, Flexibility and Balance
- Heated Indoor Pool and Spa

Activities

- Transportation to Shopping, Special Events and San Francisco
- Art Studio, Woodworking Shop, Gardening, and Flower Arranging
- Billiards and Table Tennis
- Putting Green, Croquet, and Bocce Ball
- Transportation to doctor visits

Additional Services & Amenities

- Gift Shop* and Hair Salon*
- 2,500+ Volume Library and DVDs
- Magazines and Daily Newspapers

- Resident Business Office/Internet Access
- Meeting Rooms
- Guest Apartment*
- Enclosed Parking* - Valet or Self-Park
- AC/Heating Control in Each Apartment

Life Plan Continuum

- 24-Hour Emergency Call System
- Physicians On-Site (Scheduled Hours)
- On-Site Clinic (Nurses On-Site Daily)
- On-Site Skilled Nursing Center (5-Star Rating)
- Private Assisted Living Apartments
- Rehabilitation Therapy
- Private Memory Care Apartments

*Additional Fee



HEALTH & WELLNESS



At The Tamalpais, 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 Tam Total Body Workout

- Fitness center with personal assessment
- Exercise classes for all levels of fitness
- Yoga, Stretch and Serenity
- Pool and spa
- Weekly walking trips to nearby trails
- Wellness lectures, workshops and group meditation



Our Tamalpais 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 Tamalpais, 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 or on one of our garden terraces.

Whether it's a savory dish in the dining room or a sandwich to take on a hike, you're guaranteed a satisfying meal. Stunning, panoramic views of Mount Tamalpais or Corte Madera Creek make your dining experience even more enjoyable.

Amenities Abound

- Elegant dining room with panoramic views of the East Bay and Mount Tamalpais
- Full service dining
- Three meals daily, or flexible meal plan
- Grab and Go Café
- Patio for outdoor dining
- Gluten-free options are available



Our Tamalpais Culinary Team places a high priority on ensuring that the dining 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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Value Comparison Worksheet

The Worksheet will assist you in comparing your current lifestyle expenses to the affordable lifestyle benefits enjoyed by The Tamalpais residents. Begin by examining your current expenses, converting annual expenditures to monthly expenses. Then compare your costs to the value of the Monthly Fee at The Tamalpais.

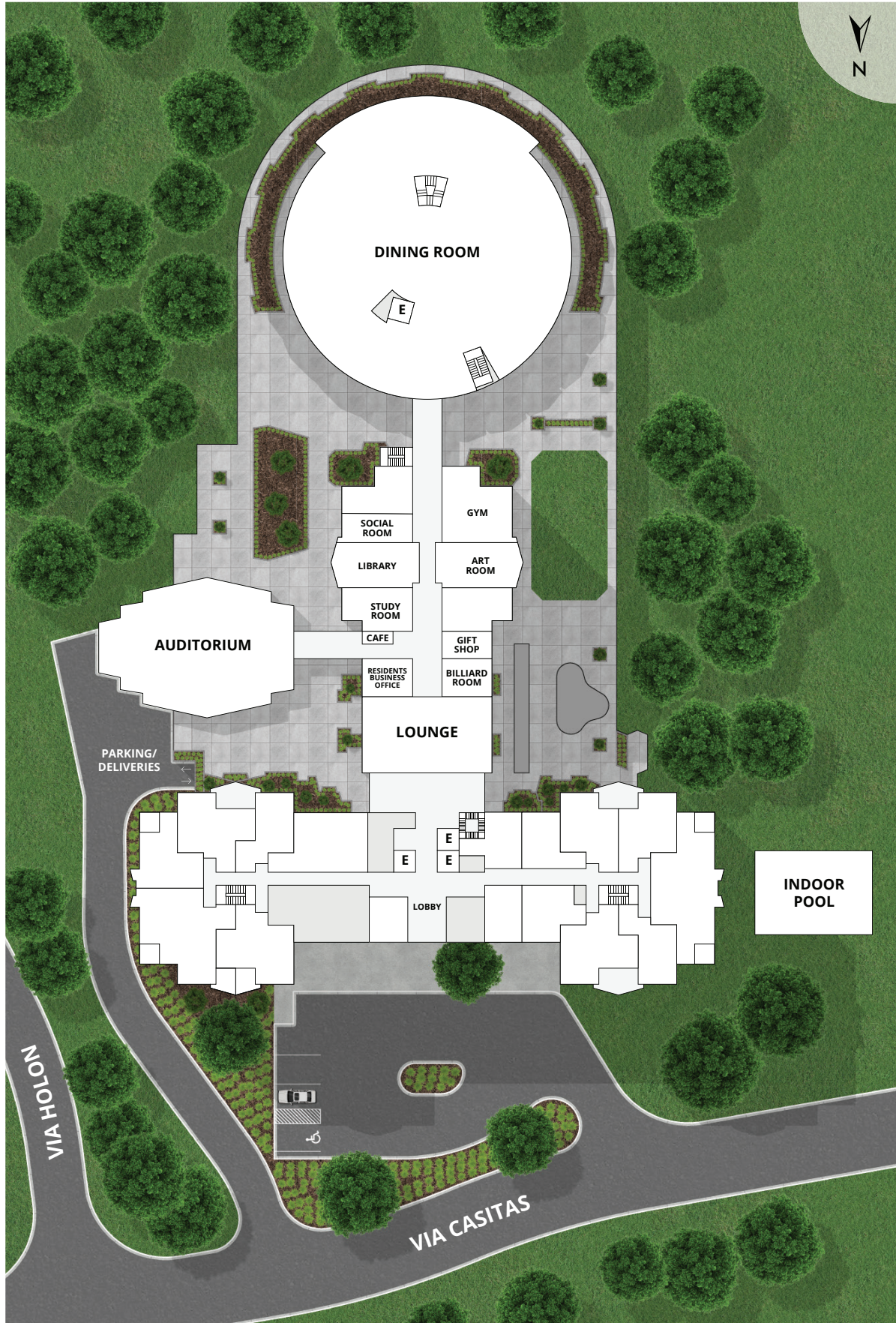
MONTHLY EXPENSES

	YOUR HOME	THE TAMALPAIS
• Mortgage/rent (or Monthly Fee at The Tamalpais)	\$ _____	\$ _____
• Property Taxes	\$ _____	Included
• Utilities (gas, electric, water, sewer, garbage removal, wiring for high-speed internet access)	\$ _____	Included
• Home Maintenance/Repairs (plumbing, roofing, electrical, storm damage)	\$ _____	Included
• Homeowners Association Fees/Assessments	\$ _____	Included
• Landscaping Maintenance	\$ _____	Included
• Food Expenses (groceries, gratuities)	\$ _____	Included
• Domestic Help (housekeeper, laundry)	\$ _____	Included
• Security (home, smoke, and fire alarms)		
• Healthcare (On site clinic, physicians, RNs, Physical Therapy, etc)	\$ _____	Included
• Call System (24-hour monitoring of resident call system if available in the home)	\$ _____	Included
• Transportation (car payment, fuel, maintenance, repairs, and insurance)**	\$ _____	Included
• Entertainment, Social, and Cultural Programs and Events	\$ _____	Included
• Fitness Program	\$ _____	Included
TOTAL MONTHLY EXPENSES	\$ _____	\$ _____

*Van service available for local medical appointments, shopping, group hikes, religious services, cultural events, and trips to San Francisco.

**Some residents choose alternate providers.

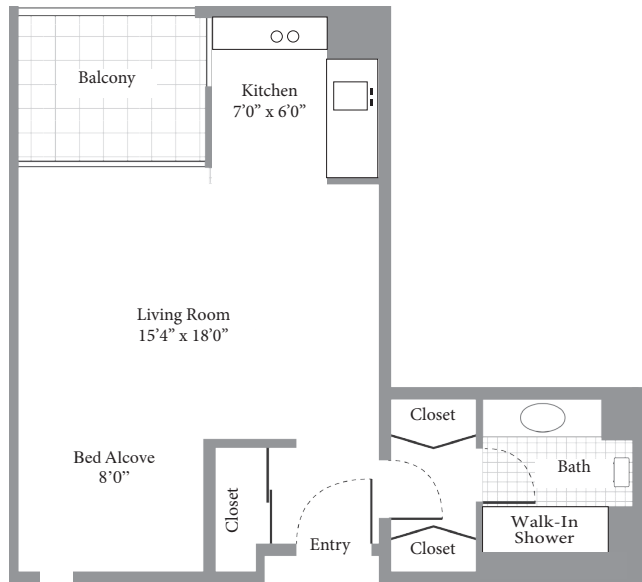
The Tamalpais Marin Map



The Tamalpais Floor Plan Examples

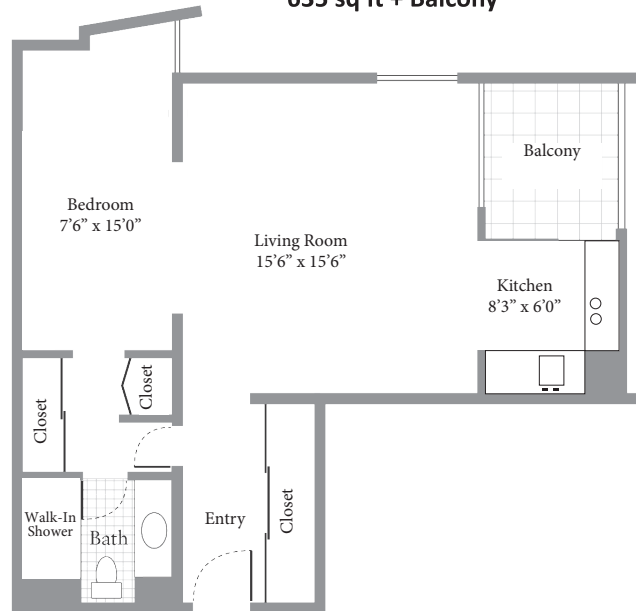
STUDIO

500 sq ft + Balcony



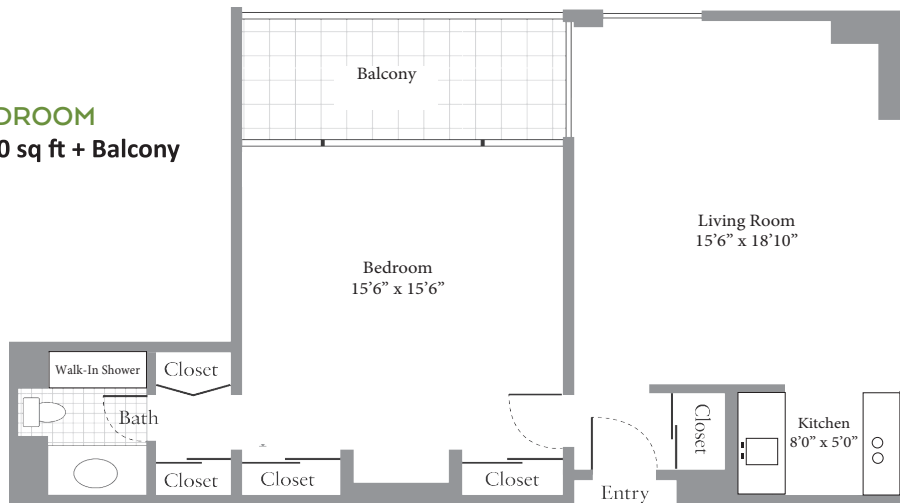
JUNIOR ONE BEDROOM

635 sq ft + Balcony



ONE BEDROOM

700 - 1000 sq ft + Balcony



TWO BEDROOMS

1100 - 1500 sq ft + Balcony

