



LOVE WHERE YOU LIVE

SEQUOIA
LIVINGSM

The Sequoias
San Francisco

Discover, learn,
and grow at
The Sequoias.



Craig Mole, resident since 2022.
Read Craig's story at SequoiaLiving.org/Craig.



Enjoy breathtaking views, fascinating people, and a dynamic blend of arts, culture, and music.

This is where your adventure begins...

Top: Paul Salisbury, resident since 2021.
Bottom: Jack & June Dairiki, residents since 2013.

THE SEQUOIAS



NEVER STOP
GROWING

“The Sequoias provides many opportunities for kindred spirits to get together and have a good time.”

- Betty, resident



Are you looking to get the most out of life as you age? Prioritize the things that bring joy and fulfillment.

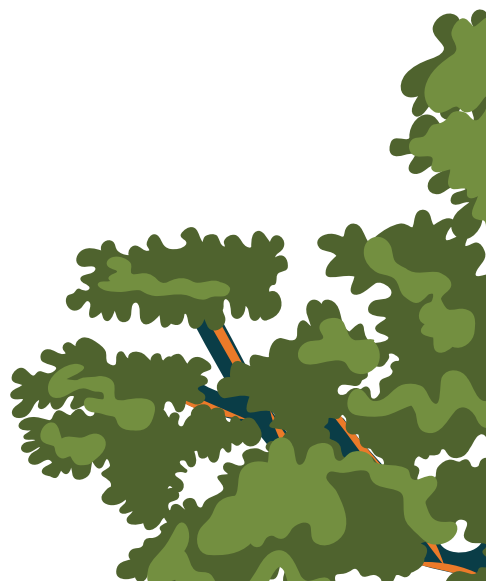
Wellness programs are multidimensional and include physical, social, and opportunities for meaningful connections. Each day brings a chance to discover, learn, and grow to be an even better version of yourself.

As we age, taking good care of ourselves is essential. Having support services and getting involved in activities will enhance your well-being. Whether you enjoy a morning walk with a friend or attend a stretch class in the afternoon, there are plenty of choices to connect with the people around you.

Here are six wellness benefits of community living:

- A welcoming environment for people of all backgrounds
- Committees that foster your interests
- Activities to keep you connected
- Fitness center and exercise programs
- Daily life-enriching experiences and activities
- Time to rest and reset when you need it

Left: David & PJ Jamison, residents since 2014.
Right: Don & Ada Sadler, residents since 2024.





Services & Amenities

Dining

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

Housekeeping

- Housekeeping & Linen Service

Fitness & 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 Studio, Game and Billiard Room
- 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

Left: Richard Williams, resident since 2005.
Right: Edward Berg, resident since 2017.





“I love it here! No home maintenance, housekeeping every week, three meals a day...”

- David, resident



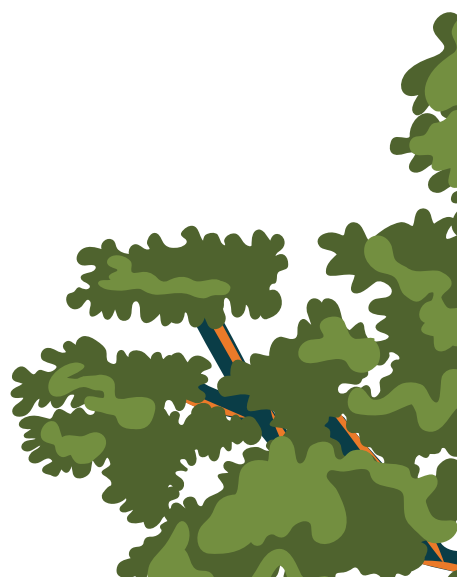
At The Sequoias, dining includes a tempting array of fresh and healthy choices. Enjoy the impeccable table service of our dining room staff. Breakfast, lunch, and dinner provide an opportunity for social connection. You're always free to take away a meal to enjoy in your residence.

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
- Gluten-free and vegan options are available

Left: Betty Carmack and Lily Wang, residents since 2014 and 2015.
Right: Fred Sherman and Herbert Uetz, residents since 2020 and 2016.





Our Local Neighborhood

When you live at 1400 Geary Blvd, our world-class city can easily meet your desires. We are a short Uber ride from Union Square if you love shopping. If you are a food connoisseur, hundreds of restaurants await you. Do you have a sweet tooth and enjoy an occasional crème brûlée or wagashi?

Japantown

Only a short walk away, one block, you will find yourself in the Japan Center of Japantown. Enjoy shopping and great eats. Amazing bakeries surround The Sequoias, as well as salons and spas to pamper yourself.

Outings

Our central location makes it easy for outdoor enthusiasts to ride right over to Golden Gate Park, Twin Peaks, Crissy Field, or even a Pacific Ocean beach. We offer transportation to all your favorite spots and outings to places like Marin County, Sonoma, Napa, and more. You'll never be bored!



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.

April 1, 2025 - March 31, 2026

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	\$5,102	N/A	\$227,700	\$347,990	N/A
Tower Studios	\$5,154	N/A	\$231,610	\$353,970	N/A
One Bedrooms	\$5,710	\$8,393	\$314,985	\$481,390	2nd person \$40,480
Two Bedrooms	\$7,109	\$9,792	\$505,770	\$773,730	2nd person \$40,480

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	\$5,102	N/A	\$207,000	\$316,365	N/A
Tower Studios	\$5,154	N/A	\$210,450	\$321,655	N/A
One Bedrooms	\$5,710	\$8,393	\$286,005	\$437,115	2nd person \$36,800
Two Bedrooms	\$7,109	\$9,792	\$459,655	\$702,535	2nd person \$36,800

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.

April 1, 2025 - March 31, 2026

Monthly Fee Option

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	\$7,908
Tower Studios	\$7,988
One Bedrooms	\$8,850

*Some restrictions may apply. Prices vary and are subject to change.

HEALTH & FITNESS



At The Sequoias, you can choose from a wide range of exercise classes encompassing all aspects of fitness, from stretching and strength building, 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.



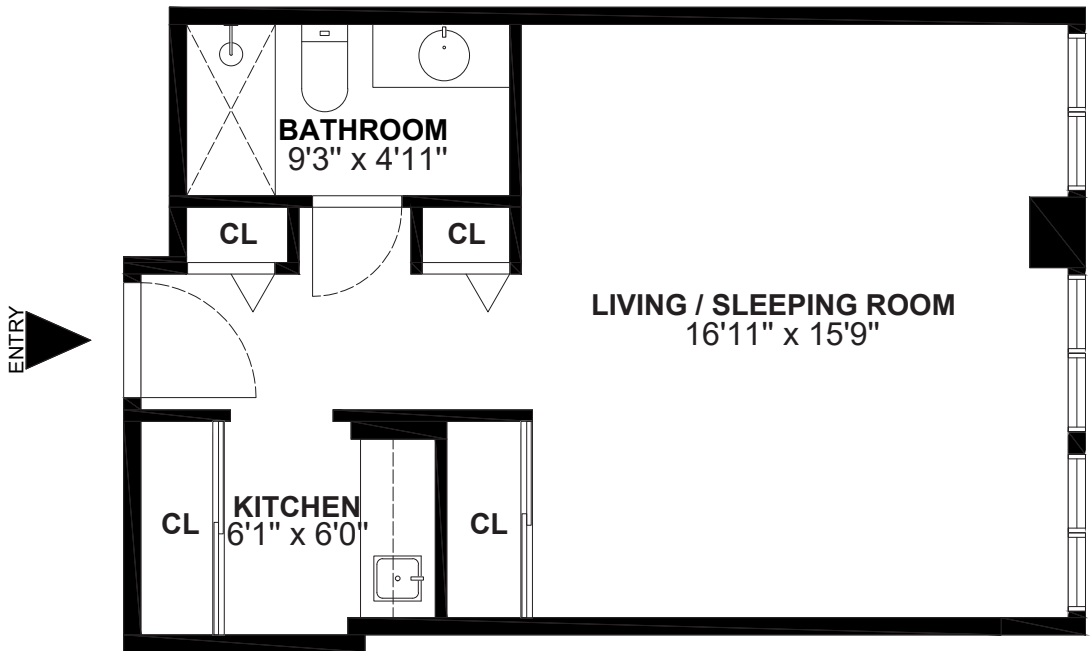
A Sequoias Total Body Workout

- 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.

The Sequoias San Francisco Floor Plan Examples

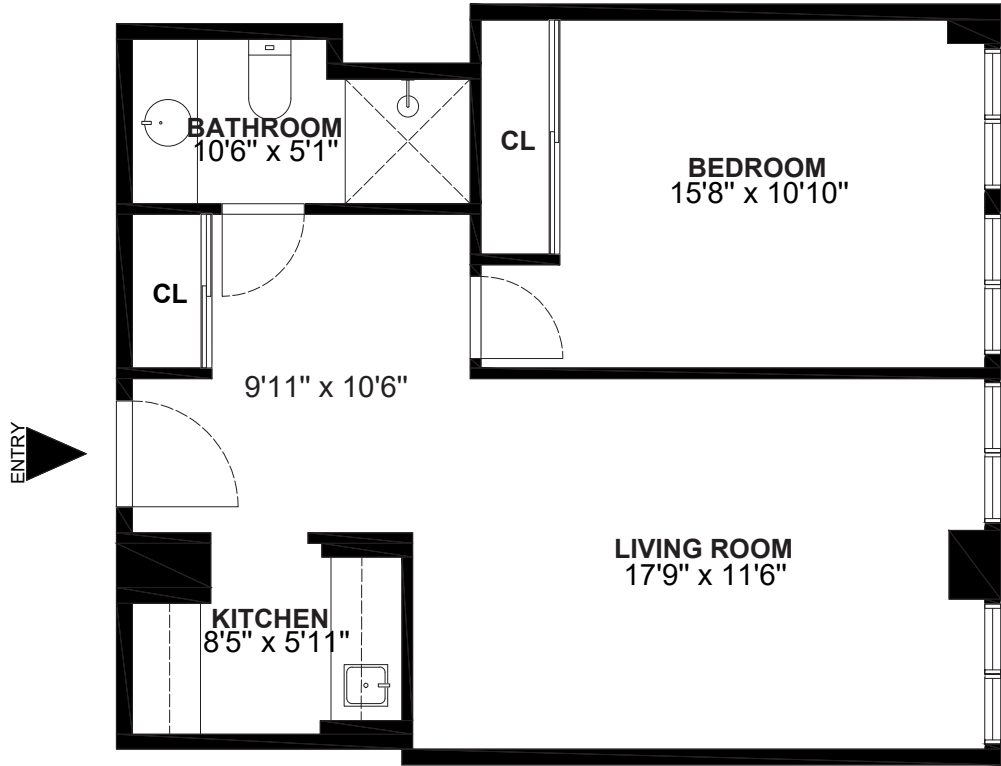
TOWER STUDIO - 458 SF



Floor plan dimensions are approximate, available apartments may vary.

The Sequoias San Francisco Floor Plan Examples

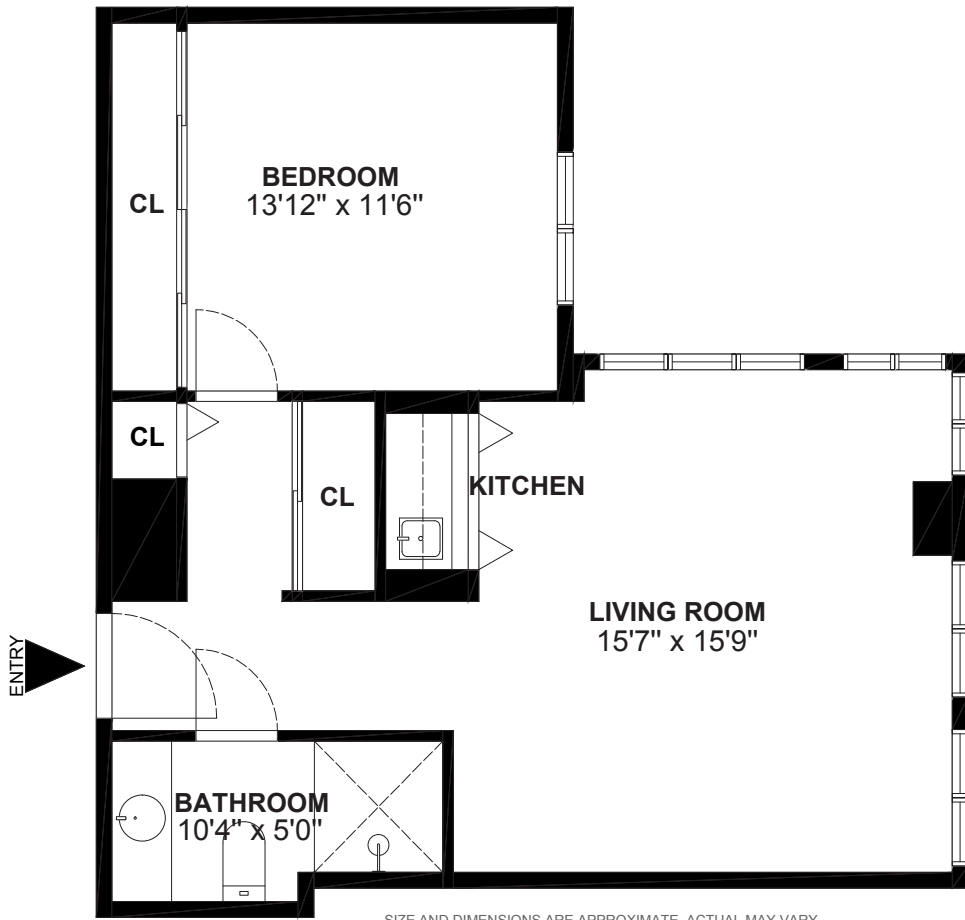
TOWER ONE BEDROOM - 583 SF



Floor plan dimensions are approximate, available apartments may vary.

The Sequoias San Francisco Floor Plan Examples

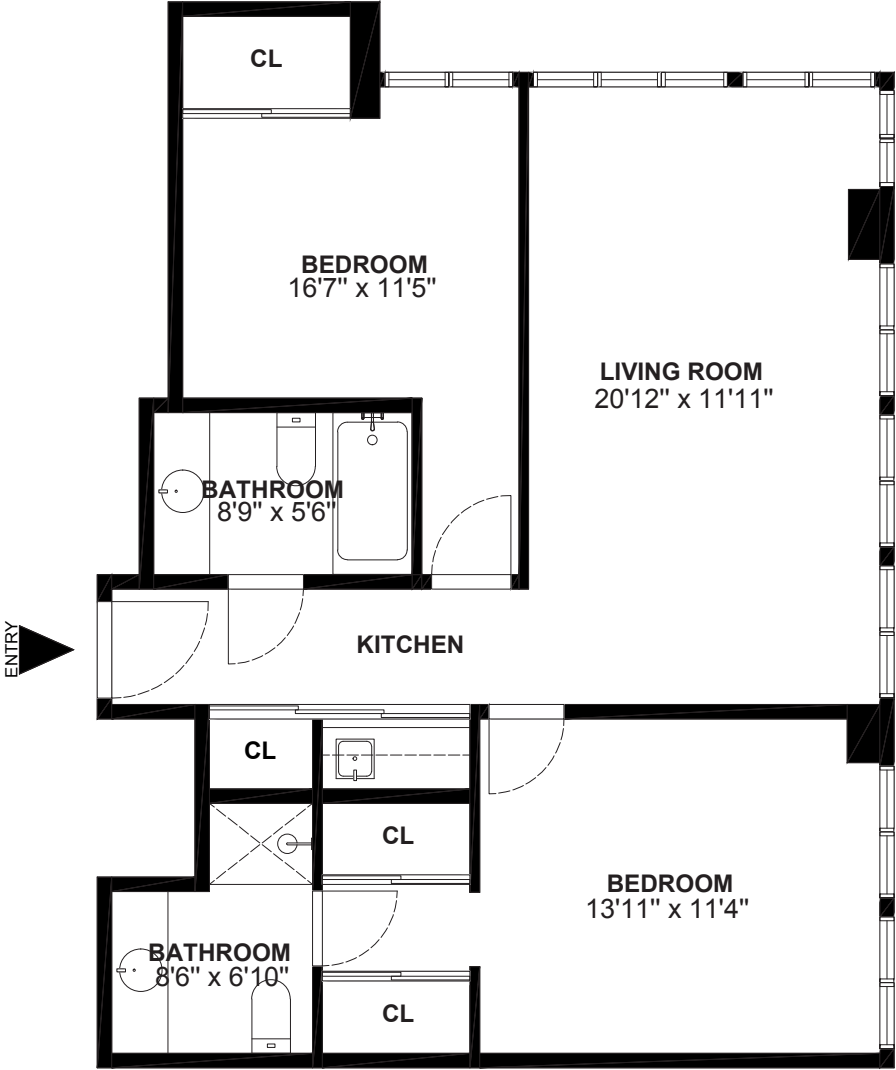
TOWER ONE BEDROOM – 566 SF



Floor plan dimensions are approximate, available apartments may vary.

The Sequoias San Francisco Floor Plan Examples

TOWER TWO BEDROOM - 832 SF



Floor plan dimensions are approximate, available apartments may vary.

