



LOVE  
WHERE YOU  
LIVE

SEQUOIA  
LIVING™

The Tamalpais  
Marin

Discover, learn, and grow  
at The Tāmalpais Mārin.



Berg Carlsen, resident since 2010.



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

This is where your adventure begins...

Top: Bob Oliver, resident since 2018.  
Bottom: Lynn Callender, May Lynne Lim, and Bobbie Lasota, residents since 2010, 2017, and 2014.



**“I’m never bored,  
there is always  
something to do.”**

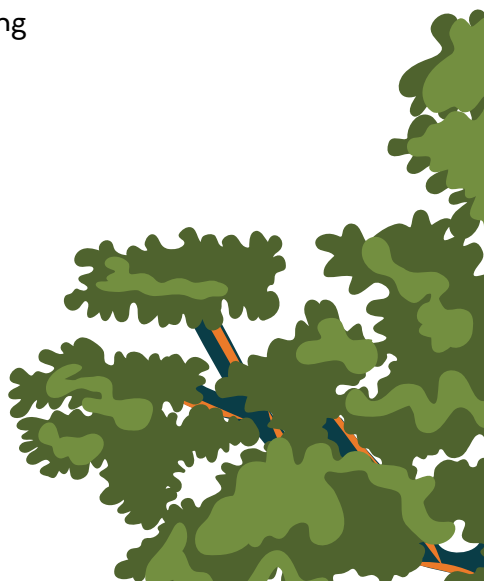
-Peter, resident



**In the midst of natural scenic beauty, The Tamalpais emphasizes a healthy lifestyle for residents to enjoy the majestic surroundings and amenities to the fullest.**

- Heated Indoor Swimming Pool and Spa Open Every Day
- Fitness Center Open 24/7
- Exercise Classes for All Levels
- Walking Trips to Nearby Trails
- Wellness Lectures, Workshops, and Group Meditation
- Art and Music Programs
- Billiards, Putting Green, Bocce, Croquet, and Gardening
- Chef-Prepared Meals with Fresh Ingredients

Left: Carol Murphy, Michael Gordon, Haggai Niv, and Diana Richmond, residents since 2018, 2022, 2016, and 2017.  
Right: Hannah Perutz and Diana Richmond, residents since 2012 and 2017.





## Fitness & Wellness

- Multi-level Fitness Classes for Physical and Social Well-being
- Cardiovascular, Strength, Flexibility and Balance
- Heated Indoor Pool and Spa
- Billiards and Table Tennis
- Shuffleboard, Putting Green, Croquet, and Bocce Ball

## Activities

- Transportation to Doctor Visits, Shopping, and Special Events
- Trips to San Francisco
- Art Studio and Woodworking Shop
- Gardening and Flower Arranging
- Happy Hours
- Musical Performances
- Ballet, Symphony, Theater Outings
- 50+ Committees

## Housekeeping

- Weekly Home Cleaning
- Linen Services

## Services & Amenities

- Gift Shop\*
- Hair Salon\*
- Valet Parking\*
- Enclosed Self-park\*
- Guest Apartment\*

## Life Plan Continuum

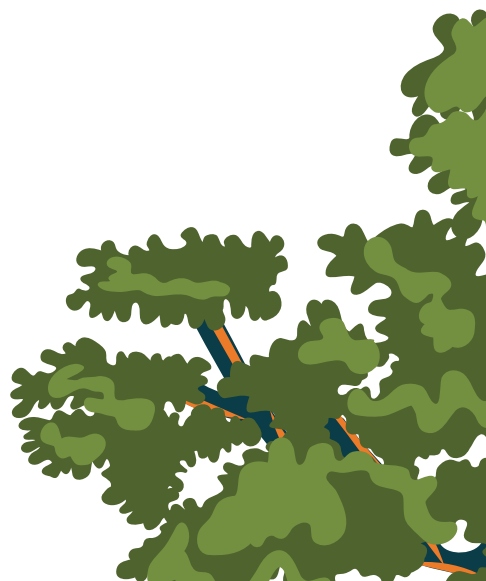
- 24-Hour Emergency Call System
- Physicians On-site (Scheduled Hours)
- On-site Clinic (Nurses On-site Daily)
- On-site Skilled Nursing Center
- Private Assisted Living Apartments
- Rehabilitation Therapy
- Private Memory Care Apartments

## Library and Meeting Rooms

- 2,500+ Books and DVDs
- Meeting Rooms with Internet
- Residents' Business Office

*\*Additional Fee*

Left: Sylvia Ross and Paul Kennedy, residents since 2012 and 2019.





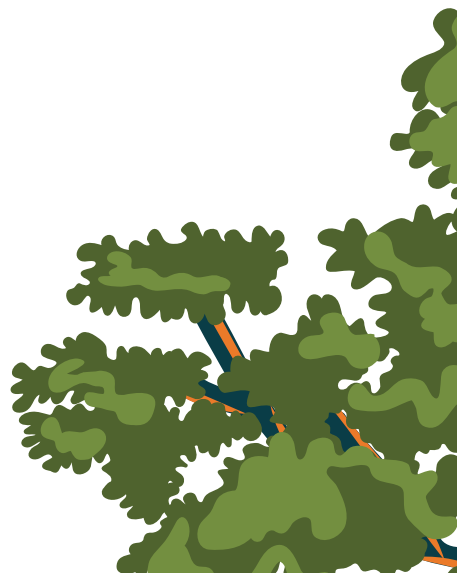
## Dining Experience



**Whether dining in or taking it to go, each experience is crafted to delight your senses and support a lifestyle of joyful aging.**

At The Tamalpais, dining offers a tempting array of fresh, healthy choices. Enjoy impeccable table service from the attentive dining room staff. Breakfast, lunch, and dinner provide opportunities for social connection. Prefer a quieter moment? You're always welcome to take a meal to enjoy in your residence or on one of the garden terraces.

- Elegant Dining with Panoramic Water and Mountain Views
- Full-Service Restaurant
- Three Meals Daily or Flexible Meal Plan
- Grab-and-Go Café
- Terraces for Outdoor Dining
- Gluten-free and Vegan Options Available





## Our Backyard is Spectacular

Nestled in the heart of Marin, The Tamalpais offers a perfect blend of natural beauty, cultural experiences, and outdoor adventure. Enjoy the breathtaking views of Mount Tamalpais, peaceful walks in Muir Woods, and scenic hikes to Cataract Falls. Explore charming bayside towns like Sausalito and Larkspur, or immerse yourself in local arts, music, and theater.

With easy access to golf, tennis, and the world-class wine country, life here is filled with endless possibilities. San Francisco is a short drive, or a ferry ride, away — a day in the city is always within reach.



## 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. 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. 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.

April 1, 2025 - March 31, 2026

## 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	\$4,690	N/A	\$149,615	\$226,780	N/A
One Bedroom	\$5,531	\$8,439	\$302,450	\$458,390	\$32,200
Large One Bedroom	\$5,827	\$8,735	\$397,210	\$602,025	\$32,200
One Bedroom + Den	\$7,119	\$10,027	\$843,755	\$1,278,915	\$32,200
Two Bedroom	\$7,423	\$10,331	\$692,070	\$1,049,030	\$32,200

### 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
Studio	\$4,690	N/A	\$135,585	\$205,505	N/A
One Bedroom	\$5,531	\$8,439	\$274,735	\$304,060	\$29,325
Large One Bedroom	\$5,827	\$8,735	\$360,525	\$546,480	\$29,325
One Bedroom + Den	\$7,119	\$10,027	\$766,360	\$1,161,615	\$29,325
Two Bedroom	\$7,423	\$10,331	\$628,820	\$953,120	\$29,325

Through the payment of an Entrance Fee (a non-equity agreement) and Monthly Fee, The 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.

## April 1, 2025 - March 31, 2026

### Monthly Fee Option

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 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 Starting At
<b>Studio</b>	<b>\$7,855</b>
<b>One Bedroom</b>	<b>\$9,264</b>
<b>Large One Bedroom</b>	<b>\$9,760</b>

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

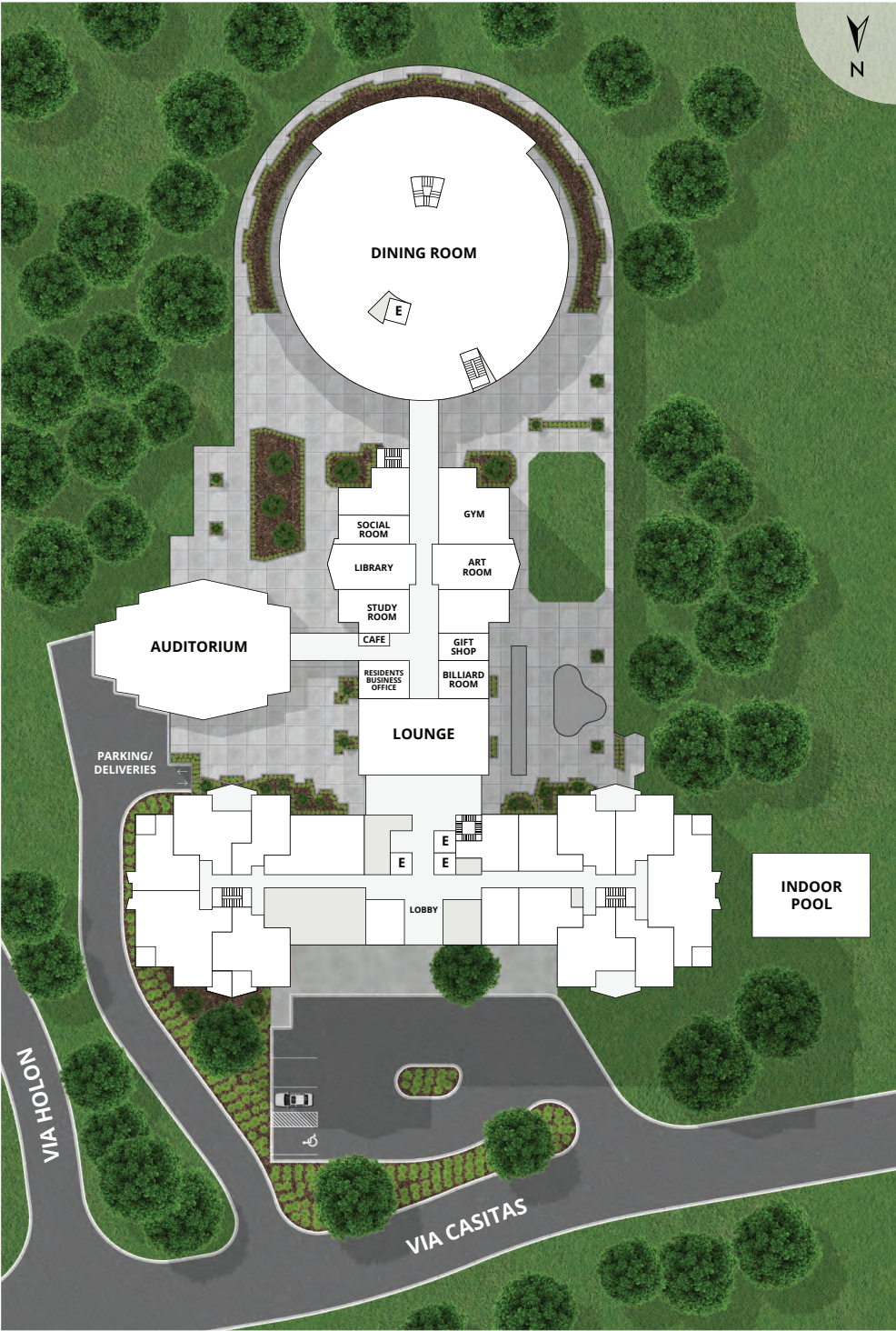
## Value Comparison Worksheet

Compare your current expenses to the benefits of one flat monthly fee enjoyed by residents at The Tamalpais. 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	CURRENT	FUTURE
Mortgage/Rent or Monthly Fee	\$ _____	\$ _____
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
<b>TOTAL MONTHLY EXPENSES</b>	<b>\$ _____</b>	<b>\$ _____</b>

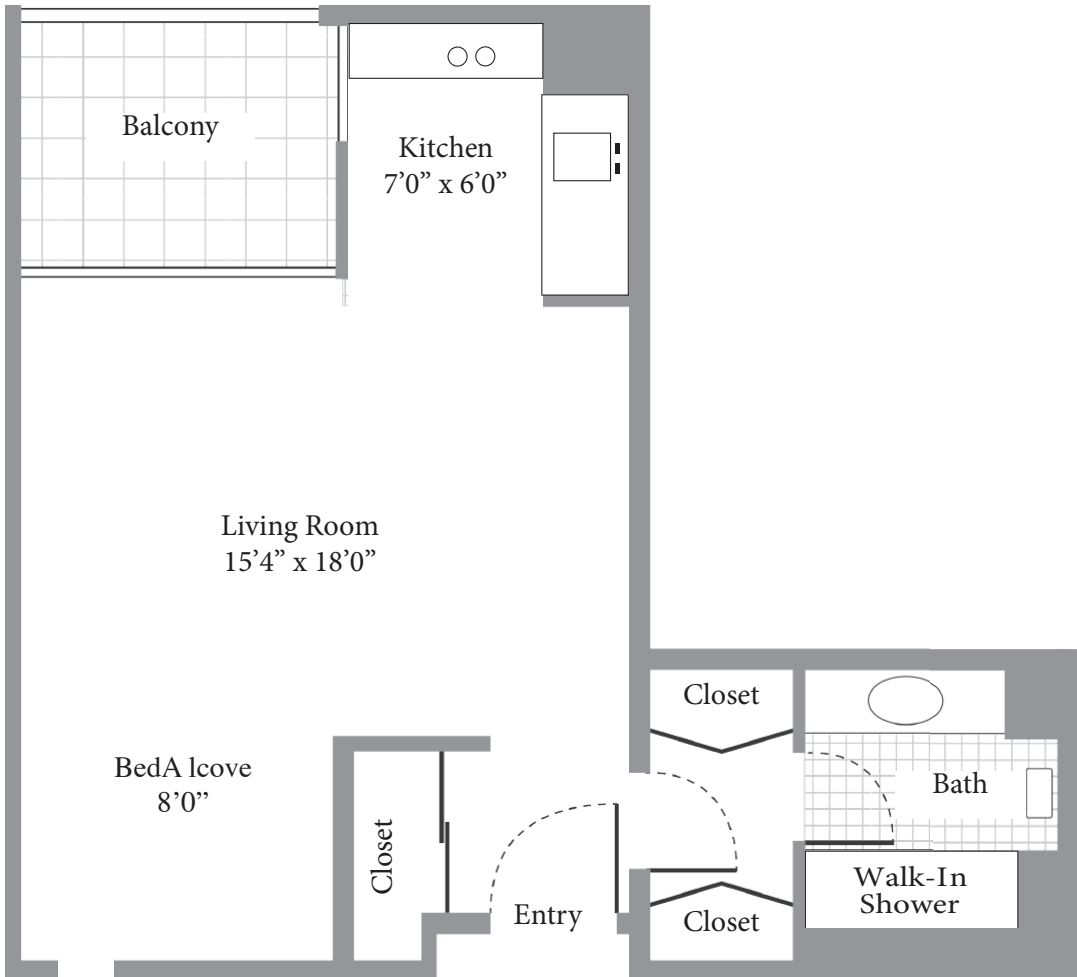
\*Transportation available for local medical appointments, shopping, group hikes, religious services, cultural events, and trips to San Francisco.

# The Tāmalpāis Mārin Map



# The Tamalpais Floor Plan Examples

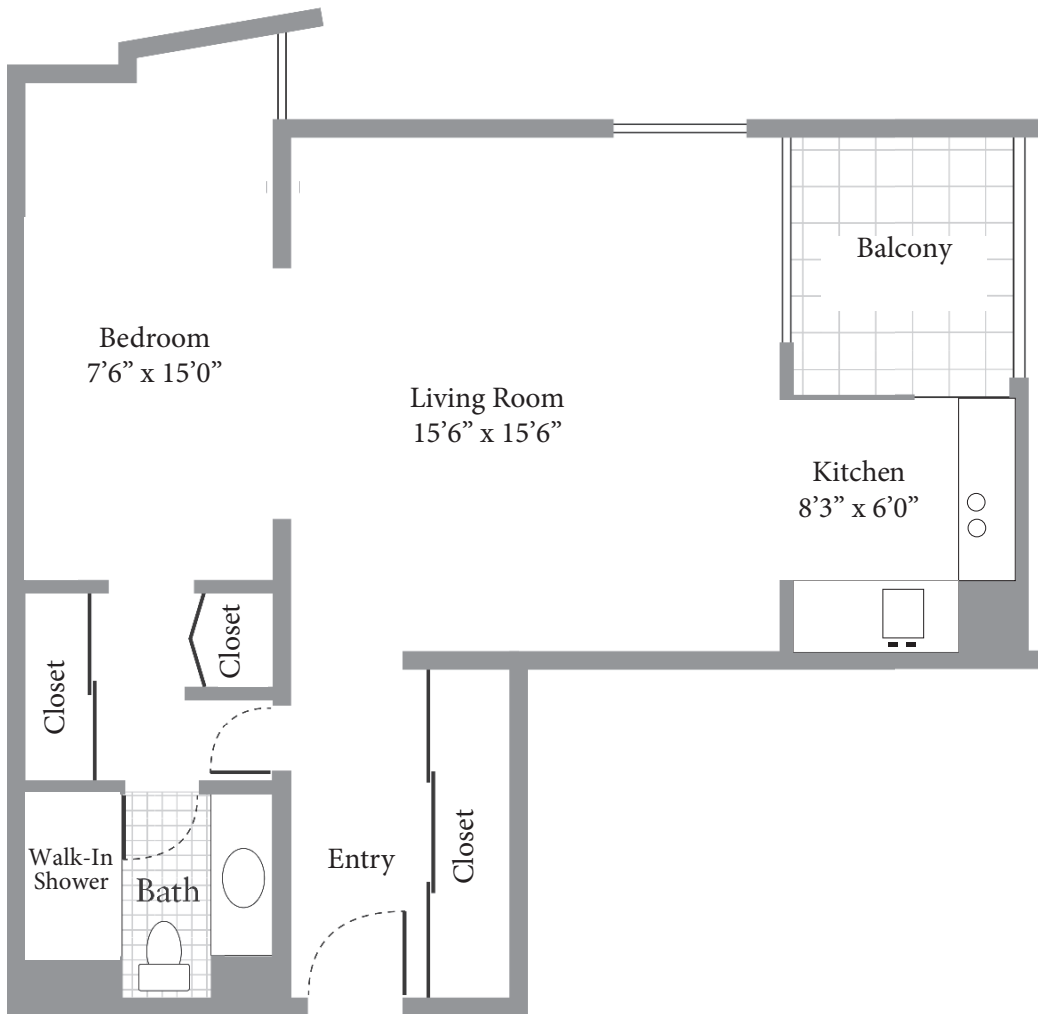
STUDIO - 500 SQ FT + BALCONY



Floor plan dimensions are approximate, available apartments may vary.

# The Tamalpais Floor Plan Examples

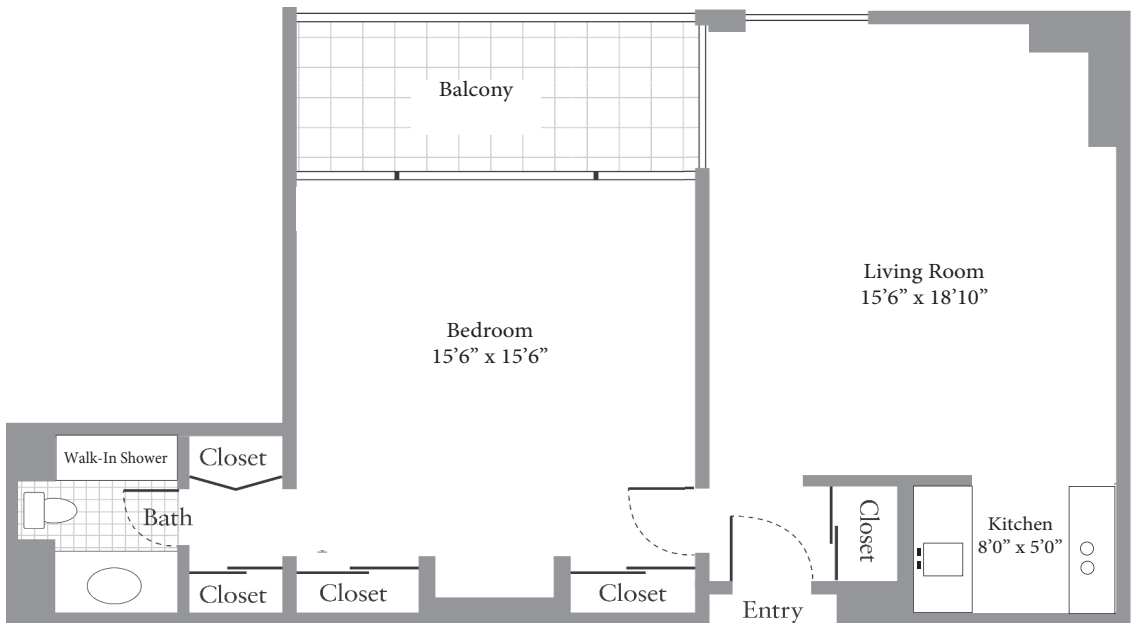
ONE BEDROOM - 635 SQ FT + BALCONY



Floor plan dimensions are approximate, available apartments may vary.

# The Tamalpais Floor Plan Examples

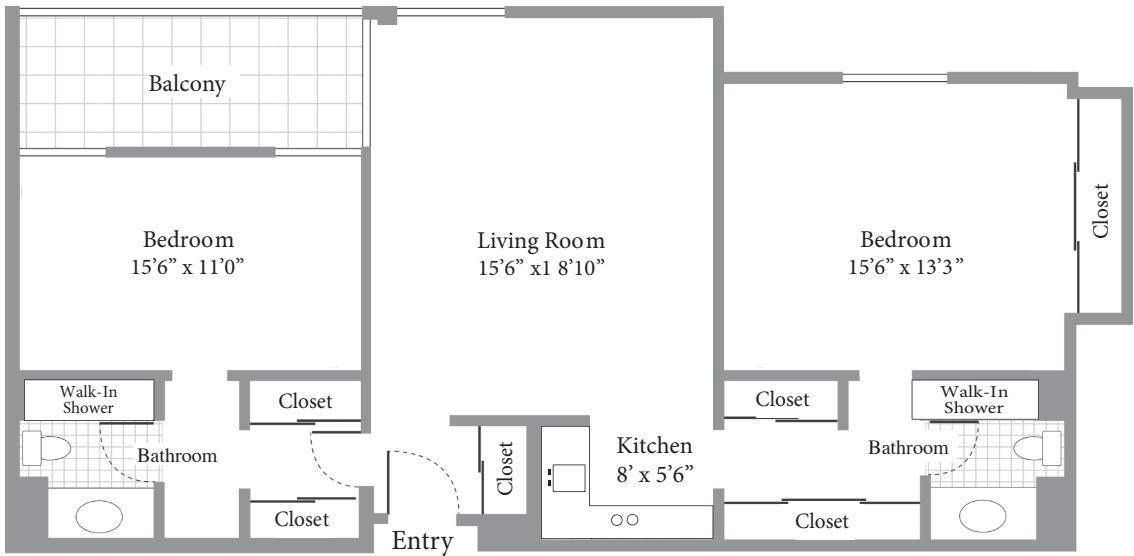
LARGE ONE BEDROOM - 700 - 1,000 SQ FT + BALCONY



Floor plan dimensions are approximate, available apartments may vary.

# The Tamalpais Floor Plan Examples

TWO BEDROOMS - 1,100 - 1,500 SQ FT + BALCONY



Floor plan dimensions are approximate, available apartments may vary.

