



cogir

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SENIOR LIVING

# THE COGIR DIFFERENCE



WELCOME TO

## COGIR AT THE NARROWS

We are honored you or a loved one is considering Cogir at The Narrows to experience life's next chapter. At Cogir at The Narrows, we strive to create a culture of caring. If you or a loved one is looking for a senior living community driven by a dedication to care and compassion, we'd love to meet you.

Operated by Cogir Senior Living, our community has an atmosphere and personality all its own. We provide a truly exceptional experience, blending the comforts of a custom-built home with the convenience of additional services tailored to meet each individual resident's needs. At Cogir at The Narrows, our personalized activities, services and amenities enhance quality of life and allow our residents to focus on filling each day with friends and memories.

WE INVITE YOU TO EXPLORE.



# COME & STAY AWHILE

## COMMUNITY AMENITIES:

- Restaurant-style dining
- Private dining room
- Raised garden beds/gardens
- Salon/barbershop
- Activities room
- Library
- Fitness center
- Pet friendly
- Covered parking
- On-site storage
- Community WiFi
- Putting green
- Courtyard/walking paths



## YOU'LL WISH YOU MOVED HERE SOONER!

Having a wide range of amenities and services at hand means you can relax, explore, and spend free time any way you like.

Cultural programs, classes, extraordinary outings, and other pursuits are a part of everyday life here. You might meet friends for a game of cards, get a fresh cut and style in our salon, or enjoy a quiet read in the library. Heading out for shopping, appointments, or events? We'll do the driving.

Spend your time living in comfort and sophistication at Cogir at The Narrows Senior Living. Rife with spacious layouts and welcoming designs that will sweep you off your feet, our senior community offers everything you need for a fulfilling lifestyle.



## LOCATION

Our senior living community is nestled perfectly along the Puget Sound, so your loved one can enjoy the sights and sounds of the coastline while having easy access to urban amenities. We are proud to offer outstanding independent senior living, along with respite, memory, and hospice care. It's clear to see why, from our convenient amenities to the various social activities and farm-to-table meals, our independent and assisted living community in Tacoma is home to so many. Tucked away at the edge of the West Slope neighborhood, our peaceful location enriches this fulfilling experience with sunset views over Carr Inlet.

## OUR COMMUNITY

Embrace a lifestyle where your independence is celebrated and supported. Our Independent Living, Assisted Living, and Memory Care services are all about providing the right balance between care and freedom. Live life on your terms and let our dedicated staff worry about the day-to-day.

## PHILOSOPHY OF CARE

Cogir at The Narrows was founded on a care philosophy fostering dignity and respect for residents while promoting their independence, interests and individuality. We recognize seniors never stop growing and learning. By promoting a life of vigor through activities and events focused on personal health and growth, our residents lead balanced and fulfilling lives.







## LEVELS OF CARE

Less Needed

### Independent Living

Assistance to maintain independence as long as possible without compromising safety.

### Assisted Living

Personal care and healthcare services designed to assist with normal daily activities.

### Connections Care

Progressive assistance for those with early to mild memory loss.

### Memory Care

Specifically trained staff to handle the unique care needs of those with memory loss.

### End Of Life Care

Compassionate care with dignity to improve quality of life & comfort during final stages.

More Needed

LIFESTYLE  
OPTIONS

## LIFE ON YOUR TERMS

Cogir at The Narrows residents fully enjoy hotel-like amenities and bus transportation. Quality, comfort, and enjoyment are paramount to life at Cogir at The Narrows and residents take advantage of the warm accommodations and professional hospitality services to pursue their passions, socialize, and enjoy every day.

## STAFF

We are proudly represented by the best care team members in the area, who adhere to the highest quality standards through continued monthly training. Our Resident Care director creates individualized care and medication management plans and follows through with our residents' health providers. We truly want to partner with our residents and their family members in order to provide the very best care possible.

## THE COST OF CARE

### APARTMENT RENTAL

Your monthly rent covers the cost of your private apartment as well as services such as housekeeping, meals, transportation, and utilities.

### COMMUNITY FEE

Your community fee contributes to maintaining our beautiful community for your enjoyment, as well as to preparing for your arrival.

### CARE SERVICES

Your customized care plan determines the level of care needed to ensure your full comfort and safety.



# FRESH INGREDIENTS. EXTRAORDINARY DINING.

## ENCORE DINING

Engage your senses with our ENCORE culinary services. Our talented chef creates masterful dishes from various cuisines that will delight your taste buds. We are always happy to accommodate any dietary restrictions.

- Menus featuring fresh, local ingredients
- Catering services
- Room service available

Enjoy exquisite all-day dining at Cogir at The Narrows. Savor house-made meals expertly prepared with farm-fresh ingredients that meet the highest nutritional and culinary standards.

Unwind at a cocktail party with live music followed by a gourmet dinner where every meal is graciously served with impeccable attention to details.







# EXTRAORDINARY

## SENIOR LIVING BY COGIR

THE RIGHT KIND OF HOSPITALITY. THE RIGHT LEVELS OF CARE.

Residents and families can choose from nearly 70 signature Cogir Senior Living communities across the US offering a continuum of care options from independent living and assisted living to memory care and respite care. Together, our communities are staffed with over 3,700 skilled, compassionate team members sharing a common mission: improving the lives of the seniors entrusted in their service and care.

Visit [CogirUSA.com](https://www.CogirUSA.com) to learn more

## THIS COMMUNITY IS MANAGED BY COGIR SENIOR LIVING

Cogir Senior Living cultivates a vibrant rhythm for living a fully engaged life. Our people, places and programs work in harmony to create experiences to delight residents and make communities thrive. Our creative and progressive approach focuses on health, wellness and living styles that respect individual preferences, while providing supportive services to encourage people to live their best life—at any age and in the way they choose.

**The rewards of a life well lived.**

COGIRUSA.COM



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